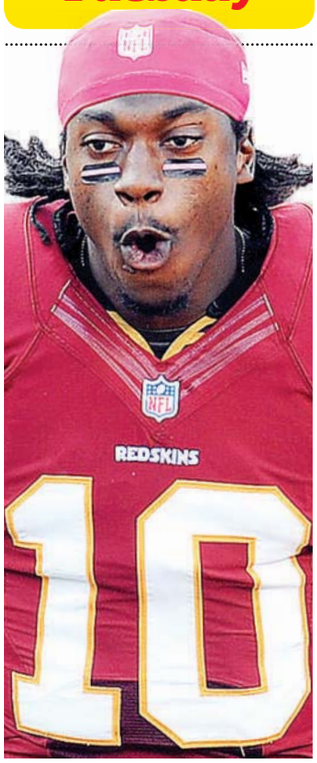
express

expressnightout.com | @wapoexpress

OCTOBER 16, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

Tuesday



ONE-MAN SHOW

RGIII's speed levels the playing field for the improved Redskins 17

RELIGIOUS BACKLASH

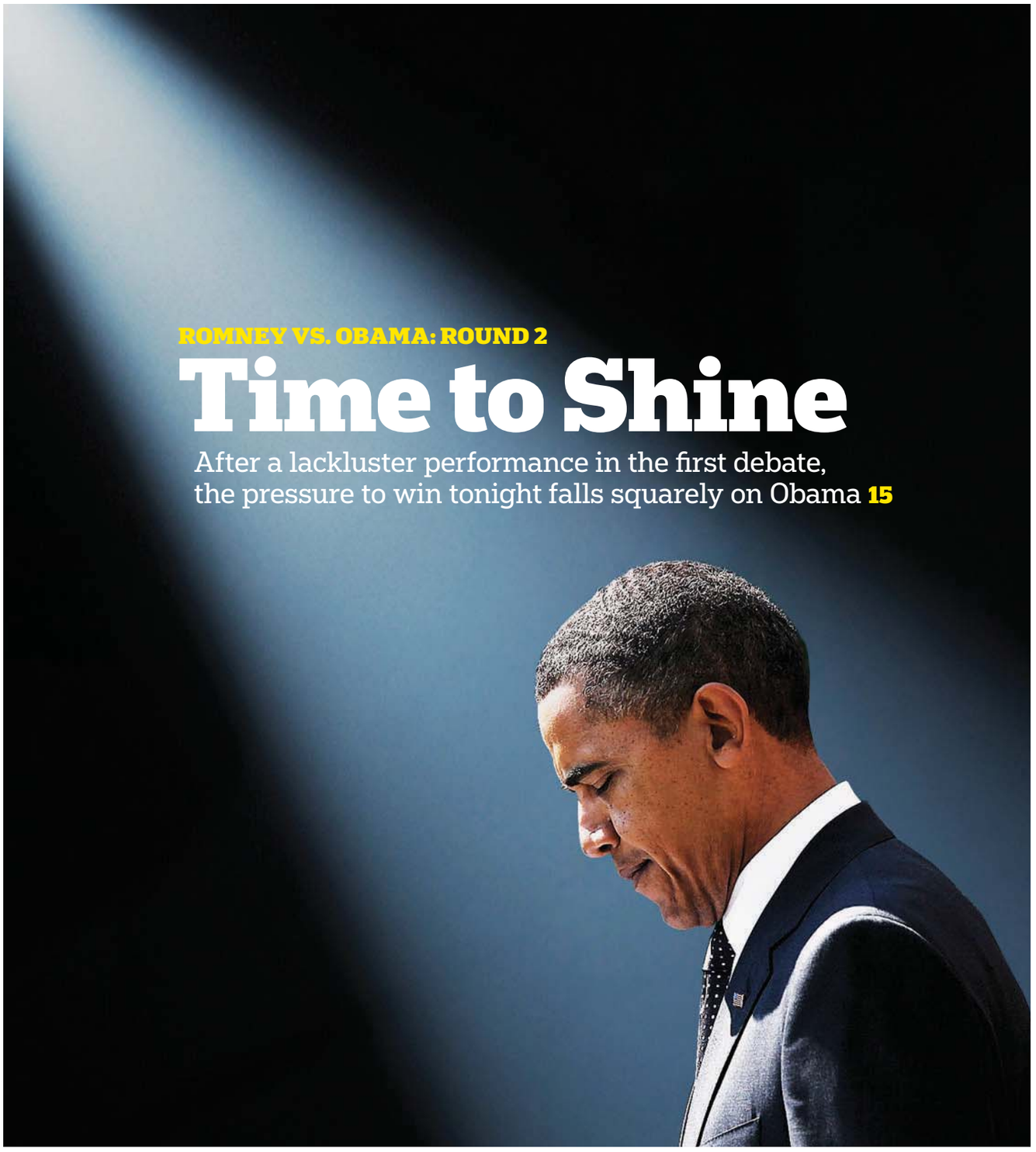
Groups urge Metro to donate profits from 'jihad' ad to charity 14

FIT FOR OFFICE?

Candidates eating on the run stray from healthful choices 24

am 66 | 46 pm

FOR EXTENDED FORECAST, SEE PAGE 37



ROMNEY VS. OBAMA: ROUND 2

Time to Shine

After a lackluster performance in the first debate, the pressure to win tonight falls squarely on Obama 15

GETTY IMAGES/EXPRESS ILLUSTRATION

eo

eye openers

UPDATES

Santa Claus' Offer to Switch To E-Cigarettes Ignored

The 1823 poem "'Twas the Night Before Christmas" was updated to remove all references to Santa Claus' pipe habit. The New York Post reported Sunday that self-published Canadian author Pamela McColl deleted two verses that refer to smoking and hired an illustrator to reimagine Saint Nick without a pipe and tobacco haze. Critics say the edits censor the author and deprive children the chance to think critically. (EXPRESS)

"It's not for everybody. But I think it is for a lot of people, and it is definitely for me."

— **BRUCE CAMPBELL,** AN ENGINEER WHO BOUGHT AND CONVERTED A RETIRED PASSENGER JET INTO HIS DREAM HOME IN THE WOODS OF OREGON, THE DAILY MAIL REPORTED SUNDAY

DO-OVERS

Study Gives the OK to Steal Back Your Childhood Toys

A new study says that being selfish makes us happy, as long as we don't feel any guilt associated with it. Psychologists at the University of Pennsylvania found that the key to contentment is learning to be selfish at times, but that those who choose the selfish path then usually have to battle with guilt, because we're taught as children to share, often giving up things we know will make us happy, the Telegraph reported Monday. (EXPRESS)

The Big Picture

LUKAS BARTH/DADT/AP

SIZE DOES MATTER: Participants of the Gamsbart Olympics wear traditional clothes Sunday in front of the Karwendel Mountains near Mittenwald, southern Germany. The Gamsbart, traditionally worn as a hunting trophy, is a tuft of hair worn as decoration in the alpine regions of Austria and Germany. The size and diameter of the Gamsbart are important signs of the wearer's pride.

© Artwork by Donna Butnik

PREMENSTRUAL RESEARCH STUDIES | NIH CLINICAL CENTER, BETHESDA, MARYLAND

Premenstrual Syndrome

Women ages 18 - 50 who struggle with irritability, anxiety, or sadness prior to menstruation are invited to participate in outpatient research studies. There is no cost for participation. Compensation may be provided.

Please call us. Together we can make a difference.

301-496-9576

TTY: 1-866-411-1010

patientinfo.nimh.nih.gov

Women's Health | Premenstrual Syndrome (PMS/PMDD)

NATIONAL INSTITUTE OF MENTAL HEALTH

NATIONAL INSTITUTES OF HEALTH | DEPARTMENT OF HEALTH & HUMAN SERVICES

WWW.CLINICALTRIALS.GOV

Protocol No. 81-M-0126

NIMH National Institute of Mental Health

U.S. Steps Up Response To Deadly Libya Attack

White House mulls how to strike as troops patrol Africa

Washington

The White House has put special operations strike forces on standby and moved drones into the skies above Africa, ready to strike militant targets from Libya to Mali — if investigators can find the al-Qaeda-linked group responsible for the death of a U.S. ambassador and three other Americans in Libya.

But officials say the administration is weighing whether the short-term payoff of exacting retribution on al-Qaeda is worth the risk that such strikes could elevate the group's profile in the region, alienate governments the U.S. needs to fight it in the future and do little to slow the growing terror threat in North Africa.

The dilemma shows the tension of the White House's need to demonstrate it is responding forcefully to al-Qaeda, balanced against its long-term plans to develop relationships and trust with local governments and build a permanent U.S. counterterrorist network in the region.

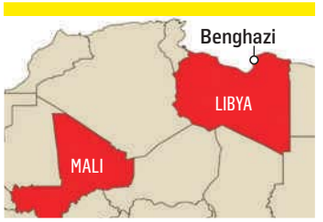
Details on the administration's position and on its search for a possible target were provided by three current and one former administration officials, as well as an analyst who was approached by the White House for help. All spoke on condition of anonymity.

The attack has become an issue in the U.S. election season, with Republicans accusing the Obama administration of being slow to label the assault an act of terrorism early on and slow to strike back at those responsible.

"They are aiming for a small pop, a flash in the pan, so as to be able to say, 'Hey, we're doing something about it,'" said retired Air Force Lt. Col. Rudy Attalah, the former Africa counterterrorism director for the Department of Defense under President George W. Bush. KIMBERLY DOZIER (AP)

MAYA ALLERUZZO/AP

U.S. Special Operations forces patrol in Afghanistan in 2008. Such forces were put on standby at American embassies in North Africa on Monday.



Under Watch

The key suspects in the death of a U.S. ambassador and three other Americans in Libya are members of the Libyan militia group Ansar al-Shariah, whose leaders are known to be mostly in northern Mali. The group has denied responsibility, but eyewitnesses saw Ansar fighters at the consulate, and the U.S. intercepted phone calls after the attack from Ansar fighters to leaders of al-Qaeda in the Islamic Maghreb, or AQIM, bragging about it. (AP)

Wait and See: The giant, blue eyeball that washed up on a South Florida beach Wednesday likely came from a swordfish, wildlife officials said Monday, citing evidence including the eye's color, size and structure, along with the presence of bone around it. Some marine biologists, however, speculated that the eye could have come from a deep-sea squid, based on the eyeball's lens and pupil. Genetic testing will confirm the identification. (AP)

In Brief

DENVER

Colo. Shooting Victims To Receive Bulk of $5M

Mediator Kenneth Feinberg said Monday that the families of the 12 people killed and people who suffered permanent injuries will get the majority of the $5 million donated to help the victims of the July 20 shooting at a suburban Denver movie theater. The rest will go to people who suffered physical injuries. (AP)

NASHVILLE, TENN.

Steroid Pharmacy Has License Revoked

The Tennessee Board of Pharmacy effectively revoked the license Monday of the New England Compounding Center, which distributed injectable steroids suspected of causing a deadly outbreak of fungal meningitis. The Centers for Disease Control and Prevention said Monday the meningitis outbreak has sickened 214 and killed 15. (AP)

MIAMI

Paul Becomes Hurricane In Pacific off Mexico

Hurricane Paul has rapidly strengthened into a major Category 3 storm in the Pacific off Mexico, prompting a hurricane warning for a swath of Baja California's western coast, U.S. National Hurricane Center forecasters said Monday. Paul's maximum sustained winds hit up to 120 mph as of 5 p.m. Monday. (AP)

Nation

Hearings Begin for 9/11 Suspects

As victims' families look on, long-delayed process commences

Guantanamo Bay Naval Base, Cuba

Five Guantanamo prisoners charged in the Sept. 11 attacks returned before a military tribunal Monday for pre-trial hearings after months of delay.

At the U.S. base in Cuba, with several 9/11 family members watching, defense lawyers spent hours arguing that their five clients, including Khalid Sheikh Mohammed, shouldn't have to attend the hearing, saying they dredge up bad memories of their harsh treatment in CIA detention. The military judge ruled that the men would not have to attend the hearings for the rest of the week.

"I don't want to be subjected to this procedure that transports me here ... brings up emotions of things that happened to me," said Jim Harrington, speaking on behalf of his client, Ramzi Binalshibh. He was referring to the harsh treatment the five defendants endured while confined in the CIA's overseas network of secret prisons before they came to Guantanamo in September 2006.

The focus of the week's hearings include broad security rules for the prisoners, including measures to prevent the accused from publicly revealing what happened to them in the CIA prisons.

The U.S. government has acknowledged that before the defendants were taken to Guantanamo they were subjected to "enhanced interrogation techniques" including waterboarding.

Prosecutors have asked the judge to approve what is known as a protective order intended to prevent the release of classified information during trial. Defense attorneys say the treatment will be used in their defense, but the proposed order limits their ability to make that case in court. BEN FOX (AP)

Backstory

Khalid Sheikh Mohammed, a Pakistani citizen, has told military officials that he planned the Sept. 11 attacks "from A to Z" and was involved in about 30 other terrorist plots. The other defendants are Ramzi Binalshibh, Walid bin Attash, Mustafa Ahmad al-Hawsawi and Ali Abd al-Aziz Ali. They were arraigned May 5 on charges that include 2,976 counts of murder — one for each known victim of the Sept. 11 attacks at the time the charges were filed. (AP)

Hearsay

"Jason Thompson said something he should not have, and he apologizes."

— **REPUBLICAN SENATE CANDIDATE TOMMY THOMPSON,** IN A STATEMENT RELEASED MONDAY, RESPONDING TO THE ACTIONS OF HIS SON, JASON, WHO WAS CAUGHT ON CAMERA SUNDAY SUGGESTING TO VOTERS THAT IT WAS TIME TO SEND PRESIDENT BARACK OBAMA "BACK TO CHICAGO. OR KENYA"

A college degree says a lot about a person

Care to say more?

Drexel University began offering online courses in 1996, pioneering distance learning among higher education institutions. By utilizing the same accredited curricula, trusted faculty, and Drexel community, online students receive the same quality education as their on-campus peers.

DREXEL ONLINE. A BETTER U.® VISIT DREXEL.COM

Drexel UNIVERSITY ONLINE

FREE computer classes
For Older Adults Age 60+
Classes are offered continuously at the Hyattsville & New Carrollton Libraries in PG County.
Call 301-405-0366 TODAY!

BOTOX $199/$9 unit*
Dysport $199
Guaranteed Results
Laser Hair Removal of Upperlip/Chin $45
Latisse $99
Spider Vein/Vericose Vein Removal
Restylane/Juvaderm
Minilift, Radiesse & Sculptura
All procedures performed by a Physician
SPECIAL ENDS SOON!
DC 202-452-1232 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com
vita

HOMESELLERS
Find out what homes in your neighborhood are selling for!
For a FREE, Quick OVER-THE-NET Home Evaluation –
Visit: www.OnlineMarketValue.com
(301) 315-0036 / (703) 893-0505
(Proudly Serving: MD/DC/VA)
MARKET LEADERS REALTY GROUP

TM
THE TAILORED MAN
custom tailors | established 1969
Suits: $550, Shirts: $65
5243 Duke Street, Alexandria, VA
1750 Tysons Blvd. Suite 130, McLean, VA
Tel: 866-751-7868
goodfit@tailoredman.com
www.TailoredMan.com

SEARS HOME SERVICES

We remove more dirt, water and cleaning residue, for a clean that **LASTS!**

Get a Deep-Down Clean with Sears "GREEN."

Sale!

Our "GREEN" carpet cleaning solutions are safe for kids, pets and the environment.

- First we loosen the dirt by pre-treating with pressurized hot water and a **GREEN** cleaning solution that is safe for kids & pets.
- Then, we remove the cleaning agent and dirt with a low balance PH fiber rinse using our powerful truck mounted system.
- The end result is carpet and upholstery that are deep down clean and soft
- Our courteous, trained technicians undergo background checks.
- Most furniture moved and replaced FREE.

3 Rooms and a FREE Hall
$99 Save $51!
DEEP Cleaning
Expires 11/15/12

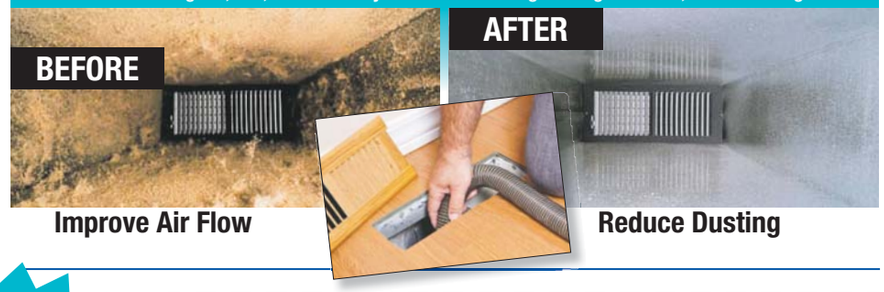
4 Rooms and a FREE Hall
$129 Save $90!
DEEP Cleaning
Expires 11/15/12

Be Careful of Carpet & Air Duct Cleaning Scams!
For More Details, Go to YouTube.com and Search "Carpet Cleaning Scams" or "Air Duct Cleaning Scams."

Don't Risk your Family's Health with Poor Air Quality

allergy? | asthma? | cold? | flu?| dust?

Sears utilizes state-of-the-art equipment and specialized tools to help eliminate years of accumulated allergens, dirt, debris from your homes heating cooling air ducts, vents and registers.



Improve Air Flow — Reduce Dusting

SEARS AIR DUCT CLEANING CAN HELP

Lower Your Gas & Electric Bills!

- ☑ Improves Heating and Cooling System Efficiency
- ☑ State-of-the-Art Power Truck mounted vacuum equipment & video inspection
- ☑ Removes Allergy Aggravating Contaminants
- ☑ Professional, Background Checked, Trained Technicians
- ☑ Peace of Mind with Satisfaction Guarantee
- ☑ Improve the Air Quality in Your Home

Satisfaction GUARANTEED!

Air Duct Cleaning Special

99.00! Save $195.00 • Includes up to 10 vents
Free Unlimited Mains!
Normally $50.00 each!
Each additional vent only $10.00. Free System Inspection. Multiple systems will vary. Offers can not be combined.

Call 1-866-906-4435
Includes up to 10 vents, Free System Inspection. Add'l vents $10 ea. Expires 11/15/12.

Call or Schedule Online Searsclean.com
No Credit Card Needed.

Sears
Carpet & Air Duct Cleaning

Call 1-866-906-4435
Serving Virginia, Maryland, and DC
Call Every Day! 7 Days a Week – 7:00 am Thru 11:00 pm
Live Operators

Sears BLUE SERVICE CREW

All employees have background checks prior to working for Sears

No Sub Contractors!

An area is defined as a room up to 250 square feet. Combination areas Living Room/Dining Room and other areas over 250 square feet are considered as separate areas. Baths, staircases, landings, halls, walk-in closets and area rugs are priced separately. Valid for residential areas only. Prices may vary for specialty fabrics, loose back cushions, wool and oriental carpet and special services. Specialty spotters may not qualify as Green. Additional fee applies to all jobs 3rd floor or higher. Air duct pricing valid on single furnace homes only. Extra charge may apply for homes with multiple heating/cooling systems or homes with furnaces or vents that are not easily accessible. Energy savings may vary depending on the size of your home and the condition of your heating/cooling system. Offer/service not available in all areas. Minimum order may apply. Other restrictions may apply. Call for details. Not valid with any other coupon or offer. Void where prohibited. Services supplied by Sears franchises. Sears cards are issued by Citibank (South Dakota) N. A. Offer expires 11/15/12. A temporary fuel charge may be added.

GARAGE SALE 2 WEEKS ONLY!

FOR YOUR SAFETY:
Tune ups on your garage doors are required once a year

Sears
Garage Doors

Garage Doors:
Free In-Home Estimates
• Variety of Styles • Great Warranties
Emergency Repairs available 7 days of the week!
• Broken Springs • Safety Sensors
• Door Alignment, Safety Tune-Up, etc.

CRAFTSMAN MODEL 53985 RUGGED AND RELIABLE

FREE INSTALLATION
$100 Off

CRAFTSMAN MODEL 53918 ULTRA SMOOTH AND QUIET

FREE INSTALLATION
$100 Off
With Battery Back Up!

CRAFTSMAN MODEL 3043 INTERNET CONNECTED SMART PHONE COMPATIBLE

FREE INSTALLATION
$100 Off
With Battery Back Up!

Offer expires 10/29/12.

Sears BLUE SERVICE CREW

SATISFACTION GUARANTEED
Guaranteed Same-Day Service!

New Garage Door as low as $999 with the purchase of a New Garage Door Opener

866.788.0203

Service Available 7 Days A Week!
(Serving Virginia, Maryland and DC)

FOR YOUR SAFETY: Tune-Ups On Your Garage Doors Are Required Once A Year.

NOW! $49.00

Regular $199.00!

TUNE-UP*

Adjust, Tune-Up & Lube

Coupon may not be combined with any other offers. Must be presented at time of service. Offer expires 10/29/12.

Visit **searsgaragedoors.com** to learn more or to design a door for your home at our design center.

Nation

2 Americans Win Economics Nobel

Work helped match doctors to hospitals, students to schools

Stockholm

Two American scholars were awarded the Nobel economics prize Monday for studies on the match-making that takes place when doctors are coupled up with hospitals, students with schools and human organs with transplant recipients.

The work of Alvin Roth and Lloyd Shapley has sparked a "flourishing field of research" and helped improve the performance of many markets, the Royal Swedish Academy of Sciences said.

Roth, 60, is a professor at Harvard Business School but currently is a visiting professor at Stanford University. Shapley, 89, is a professor emeritus at University of California Los Angeles.

Citing "the theory of stable allocations and the practice of market design," the $1.2 million award focused on the problem of matching different agents in a market in situations where prices aren't the deciding factor.

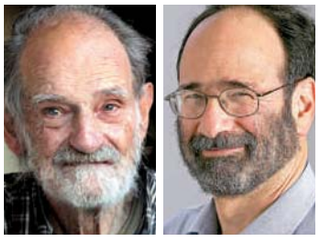
Roth said he didn't expect his life to change much as a result of the award, and that he was teaching a class at Stanford on Monday. "But I imagine that they'll be listening with renewed interest," he said.

Shapley is the son of renowned astronomer Harlow Shapley, whose work early in the 20th century included helping estimate the true size of the Milky Way galaxy.

"Now, I'm ahead of my father," Shapley said. "He got other prizes. ... But he did not get a Nobel prize."

The Nobel Memorial Prize in Economic Sciences — not technically a Nobel Prize because it wasn't established in the will of Alfred Nobel — was created by the Swedish central bank in Nobel's memory in 1968 and has been handed out with the other prizes ever since.

KARL RITTER AND LOUISE NORDSTROM (AP)

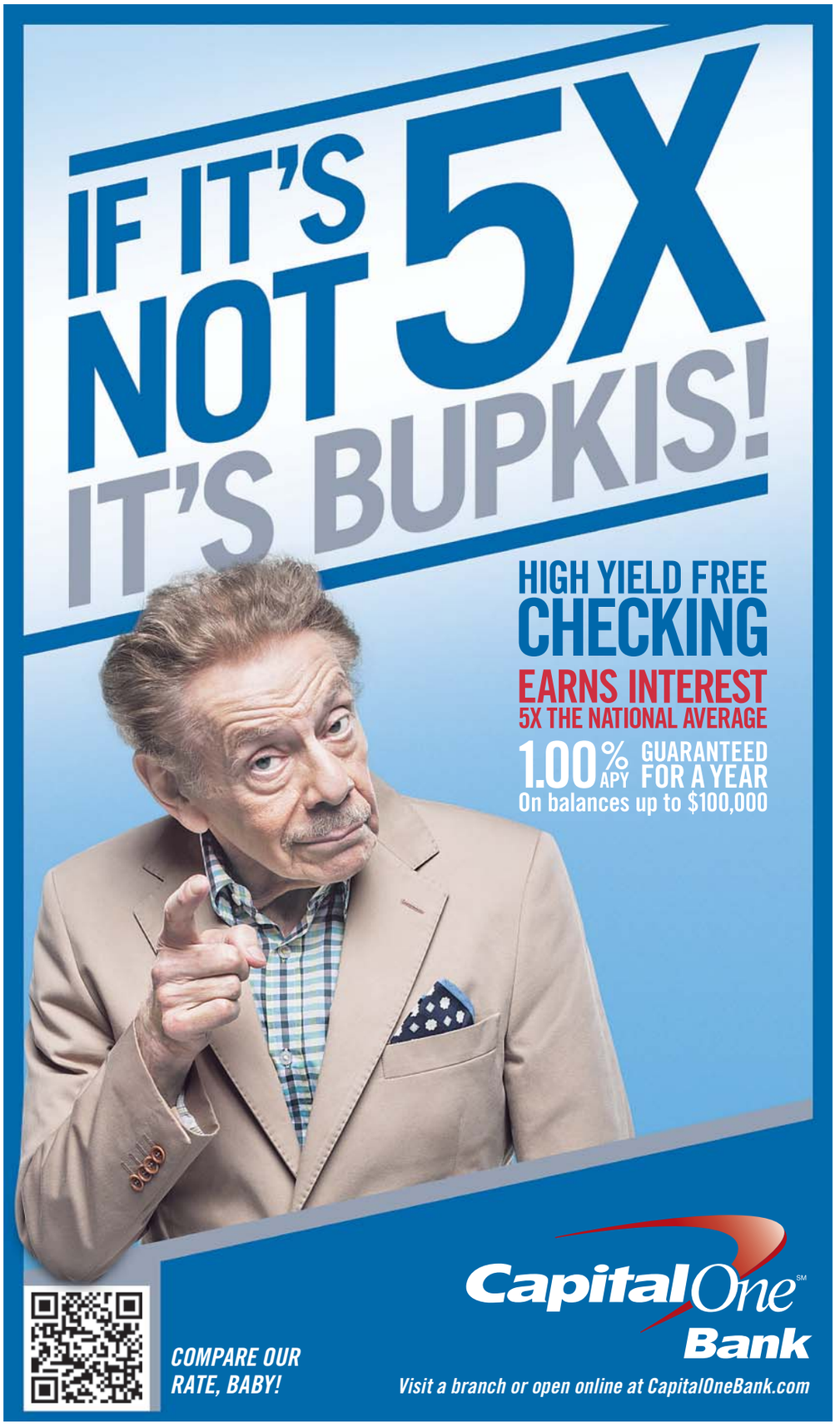


Backstory

Lloyd Shapley, left, made early theoretical inroads into match-making, using game theory to analyze different matching methods in the 1950s and '60s, leading to a mathematical formula for how 10 men and 10 women could be coupled in a way so that no two people would prefer each other over their current partners. In the 1990s, Alvin Roth, right, applied it to the market for allocating U.S. student doctors to hospitals. He also helped redesign the application process of New York City public high schools, ensuring that fewer students ended up in schools that were not among their top choices. (AP)

Warren Outraises Brown

Democratic Massachusetts Senate candidate Elizabeth Warren continues to set the fundraising pace this election, pulling in $12.1 million in the third quarter and outraising Sen. Scott Brown, R-Mass., by more than $4 million, her campaign said Monday. The total brings Warren's haul in about 13 months to more than $40 million. (THE WASHINGTON POST)



For the first year, 1.00% annual percentage yield (APY) applies to balances of $100,000 or less; 0.40% APY on balances more than $100,000, depending on the account balance. Promotional APYs available only for new consumer checking customers and are in effect as of 08/16/2012. After that, the standard APY in effect as of that date applies to the entire balance which may change after account opening. Must maintain a $5,000 monthly balance. Offer available for a limited time. Limit one account per customer. Standard message and data rates may apply. Based on rates for interest-bearing checking accounts at top 50 banks by deposits as of 07/18/2012 from Informa Research Services, Inc. Offered by Capital One, N.A., member FDIC. ©2012 Capital One. All rights reserved.

World

In Brief

BIRMINGHAM, ENGLAND

Teen Shot by Taliban In U.K. for Treatment

Yousufzai

A teenage Pakistani activist shot in the head by the Taliban last week arrived in Britain on Monday to receive medical care and protection from follow-up attacks threatened by the militants. Malala Yousufzai, 14, has a chance at "a good recovery," officials said. (AP)

TRIPOLI, LIBYA

120 Freed in Jailbreak

Libya's Supreme Security Committee said Monday that 120 prisoners escaped from jail in the capital of Tripoli, where security guards are suspected of having accepted bribes to free them. It is the second jailbreak in Tripoli this year. (AP)

GROSSETO, ITALY

Shipwrecked Cruise Ship Hearing Opens in Theater

A theater in Italy turned into a courtroom Monday. Officials chose the space to accommodate those who had a legitimate claim to be at the hearing for Francesco Schettino, 51. Thirty-two people died after Schettino took the Costa Concordia cruise ship off course on Jan. 13, where it capsized. (AP)

Syrian Mosque a Casualty of War

Historic locations are increasingly at risk amid fighting

Beirut

A landmark mosque in Aleppo was burned, scarred by bullets and trashed — the latest casualty of Syria's civil war — and President Bashar Assad on Monday ordered immediate repairs to try to stem Muslim outrage at the desecration of the 12th-century site.

The Umayyad Mosque suffered extensive damage over the weekend, as has the nearby medieval market, or souk, which was gutted by a fire during fighting two weeks ago.

The market and the mosque are centerpieces of Aleppo's walled Old City, which is listed as a UNESCO World Heritage site.

Government troops had been holed up in the mosque for months before rebels launched a push this week to drive them out. Activists and Syrian officials blamed each other for the fire at the mosque.

TAUSEEF MUSTAFA/AFP/GETTY IMAGES

A man on Monday crosses a street strewn with rubble in Aleppo, Syria. Weeks of shelling and fierce fighting have left portions of the country's largest city in ruins.

Backstory

Five of Syria's six UNESCO World Heritage sites have been damaged in the fighting, according to UNESCO, the U.N.'s cultural agency. Looters have broken into one of the world's best-preserved Crusader castles, Crac des Chevaliers, and ruins in the ancient city of Palmyra have been damaged. Both rebels and regime forces have turned some of Syria's significant historic sites into bases, including citadels and Turkish bath houses, while thieves have stolen artifacts from museums. The "soul of the city" is really being damaged, UNESCO expert Karim Hendili said of Aleppo, "and this is difficult to repair." (AP)

Meanwhile ...

The European Union stepped up pressure on President Bashar Assad's regime Monday, banning Syrian Arab Airlines from EU airports and freezing the assets of 28 new individuals. (AP)

Rebel supporters also alleged that regime forces defaced the shrine with offensive graffiti and drank alcohol inside, charges bound to further raise religious tensions in Syria. Many of the rebels are Sunni Muslims, while the regime is dominated by Alawites, an offshoot of Shiite Islam.

"It's all blackened now," activist Mohammad al-Hassan said of the site. He blamed Assad for the destruction.

"He burns down the country and its heritage, and then he says he will rebuild it. Why do you destroy it to begin with?" al-Hassan said in a telephone interview from Aleppo.

Fighting has destroyed large parts of Aleppo, Syria's former business hub. Activists say more than 33,000 people have died in the conflict. BARBARA SURK (AP)

No Recounts? President Vladimir Putin's loyalists swept to victory in a vast majority of local election races held Sunday across Russia, preliminary results showed Monday, while independent observers said the vote was openly rigged. Observers from the independent monitoring group Golos recorded more than 1,000 violations nationwide, including voter roll irregularities, the use of fake absentee ballots and multiple voting. (AP)

© Artwork by Donna Butnik

PERIMENOPAUSAL DEPRESSION RESEARCH STUDIES | NIH CLINICAL CENTER, BETHESDA, MARYLAND

Midlife & Menopause

Women ages 40-65 who struggle with irritability, anxiety, sadness, or loss of enjoyment at the time of the menopause transition are invited to participate in outpatient research studies. There is no cost for participation. Compensation may be provided.

Please call us. Together we can make a difference.

301-496-9576

TTY: 1-866-411-1010

patientinfo.nimh.nih.gov

Women's Health | Perimenopause-Related Mood Disorders

NATIONAL INSTITUTE OF MENTAL HEALTH

NATIONAL INSTITUTES OF HEALTH | DEPARTMENT OF HEALTH & HUMAN SERVICES

WWW.CLINICALTRIALS.GOV

Protocol No. 88-M-0131

NIMH National Institute of Mental Health

World

Scots, Brits Ink Deal On Breakaway Vote

Scotland will cast ballots by fall 2014 on independence

London

Britain and Scotland signed an accord Monday paving the way for a historic vote for independence that could see this island's northern lands stand alone for the first time in three centuries.

The deal on the referendum, which would be held by fall 2014, comes at a time when independence movements are rapidly gaining strength in Spain and Belgium amid Europe's brutal debt crisis. But the vote sets up the possibility that Washington's closest strategic ally could be torn asunder.

Independence would give the ruling National Party the authority to expel the British nuclear fleet from Scottish waters, withdraw from NATO and remove Scottish regiments from Britain's military forces overseas. It would also give politicians in Edinburgh the freedom to vote separately from — and perhaps counter to — Britain in world bodies such as the U.N.

"This marks the beginning of an important chapter in Scotland's story and allows the real debate to begin," U.K. Prime Minister David Cameron said after signing the deal with Scottish First Minister Alex Salmond. (THE WASHINGTON POST)

Losing Steam?

Recent polls have shown Scottish support for independence — which has hovered around a third to a quarter of the population — waning a bit since late last year. A solid majority of 55 percent are opposed to breaking away. But Scotland's first minister, Alex Salmond, remains wildly popular in Scotland; analysts say it would be wrong to discount his ability to mobilize a successful "yes" vote. (TWP)

Filipinos Celebrate Peace Deal

AARON FAVILA/AP

RALLY-GOERS FLASH PEACE SIGNS Monday in Manila, Philippines, after the ceremonial signing of a preliminary peace pact between the government and the nation's largest Muslim rebel group. The deal marks the first tentative step toward ending one of Asia's longest-running insurgencies.

Post FUN The Washington Post

Contests, giveaways, events and more.

Enter for your chance to win tickets to see *and meet* Alanis Morissette at The Fillmore!

Tuesday, October 23 at 7:00 p.m.

Special prize pack includes:
• 6 House Box tickets
• a meet and greet (including picture and signed gear)
• a house tab for the night

Enter today at washingtonpost.com/postfun

Visit fillmoresilverspring.com or ticketmaster.com for tickets and show information.

Sweepstakes is open only to individuals who are legal residents of the District of Columbia, Maryland, and Virginia at the time of entry and selection of winners. Entrants must be 18 years of age or older at the time of entry. This Sweepstakes is sponsored by WP Company LLC d/b/a The Washington Post and The Fillmore ("Sponsors"). Employees, officers, directors and representatives of Sponsors and their corporate affiliates, and those with whom such persons are domiciled, are not eligible. Void outside of the District of Columbia, Virginia and Maryland and where prohibited by law. Sweepstakes subject to all federal, state and local laws. To enter, log onto www.washingtonpost.com/postfun, or, mail a 3 ½" x 5" postcard with your complete name, address, daytime phone number, email (optional), and date of birth to The Washington Post Promotions Department, Alanis Morissette Sweepstakes, 1150 15th Street NW, 7th Floor Lennox, Washington, DC 20071. The entry period of the Sweepstakes begins on Monday, October 15, 2012 at midnight and runs through 11:59 p.m. on Friday, October 19, 2012. One entry per person is permitted. For complete rules, please log on to washingtonpost.com/postfun.

Celebrating the 1 year anniversary of The Fillmore Silver Spring

THE FILLMORE® SILVER SPRING

See what's happening today!
washingtonpost.com/postfun

Follow us on Twitter @postfun.

www.facebook.com/washpostfun

A672 3x10.5

World

Japanese Firm to Buy 70 Percent of Sprint

Tokyo

In the priciest-ever overseas acquisition for a Japanese company, Softbank Corp. on Monday announced that it would buy about 70 percent of Sprint Nextel Corp., giving the U.S. carrier a much-needed cash infusion and boosting its standing against giants Verizon and AT&T.

The $20.1 billion deal links a struggling U.S. mobile company, still trying to build up its high-speed next-generation network, with a Japanese wireless carrier noted for its history of risky — though fruitful — acquisitions.

In a joint news conference Monday with Sprint CEO Dan Hesse, Softbank's billionaire founder Masayoshi Son said it was imperative to push overseas at a time when Japan's own market, with its population declining and its economy stagnant, leaves little chance for growth.

Softbank has a net debt of about $10 billion, and it needed major loans to finance the deal, but the strong yen gives the company greater purchasing power. The corporation's stock tumbled recently as rumors of the deal leaked.

"This is a company that will turn around very quickly from here on," Son said of Sprint.

The acquisition must still win approval from the Justice Department and the Federal Communications Commission. Sprint must convince the FCC that the deal is in the public interest to overcome a 25 percent limit on foreign investment in telecommunication companies. (THE WASHINGTON POST)

No Easy Fix

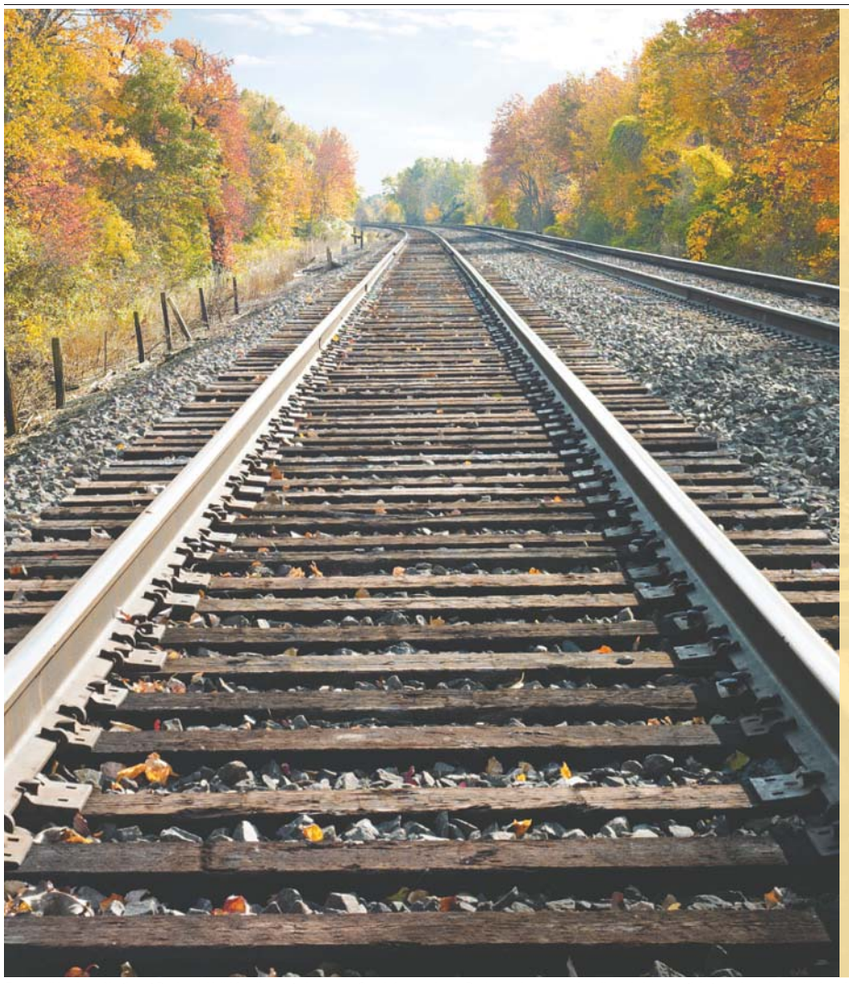
Sprint Nextel Corp., now a consolidated subsidiary of Softbank Corp., has a net debt of about $15 billion after a half decade of losses. With its pockets drained, Sprint held back on investment and left its customers on two networks. Sprint CEO Dan Hesse admitted Monday that the company was in shambles — at one point losing 1 million customers every quarter — when he became its top executive in 2007. (AP)

HONORS

The Winner Isn't ...

It's the biggest cash prize available to former leaders of African countries, and no one was worthy this year — again. The Mo Ibrahim Foundation announced Monday that it will not award the $5 million prize that recognizes democratically elected African leaders who excel in office and — critically — leave when they are supposed to. The cash prize has been awarded three times in its six-year history. (AP)

25 **The number of species** of monkeys, langurs, lemurs and gorillas on the brink of extinction and in need global action to protect them from increasing deforestation and illegal trafficking, researchers said Monday. The report by the International Union for Conservation of Nature was released at the United Nations' Convention on Biological Diversity. (AP)



NORTHEAST REGIONAL™

DOUBLE POINTS. LOW FARES.

PICK ANY TWO.

ONE-WAY FARES FROM WASHINGTON, DC AS LOW AS:

NEW YORK	PHILADELPHIA	BALTIMORE	NEW HAVEN
$49	$35	$11	$57
NORFOLK	LYNCHBURG	METROPARK	RICHMOND
$38	$29	$49	$23

Right now, one trip on Amtrak® is worth twice the rewards. Because Amtrak Guest Rewards® members receive double points on all travel from September 5, 2012, through November 16, 2012. Registration is required; terms and conditions apply. Learn more and book at Amtrak.com

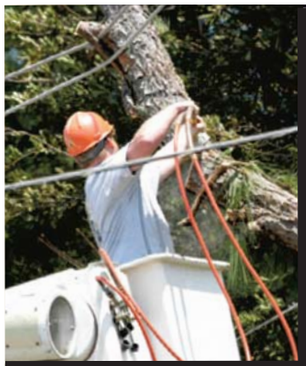
AMTRAK.COM

AMTRAK® Enjoy the journey.®

Fares valid only on Northeast Regional. Valid for discounted one-way Coach fares only; no Business class upgrades allowed. Advance ticket purchase is required a minimum of fourteen (14) days prior to travel. Blackout dates apply: 20Nov12–21Nov12, 25Nov12–26Nov12, 21Dec12–23Dec12 and 01Jan13–02Jan13. Fares are non-refundable. Exchanges are permitted for other rail fare purchases. Seats are limited and fares may not be available on all trains at all times. Not valid for onboard purchase. Not combinable with any other discount offer. Up to two children ages 2-15 may accompany each adult at half the (full) adult rail fare. Fares, routes and schedules are subject to change without notice. Other restrictions may apply. Earn double points on qualifying Amtrak travel from September 5, 2012, 12:00:00am CT through November 16, 2012, 11:59:59pm CT. Must be an Amtrak Guest Rewards member and register for this offer online at AmtrakGuestRewards.com/DoubleDays to participate. Members must include their membership number when making reservations for travel to qualify. Limit of two qualifying one-way trips per day. Amtrak Guest Rewards points will not be awarded for cancelled or refunded reservations or tickets. Other terms and conditions may apply. Amtrak, Enjoy the journey, Amtrak Guest Rewards and Northeast Regional are service marks of the National Railroad Passenger Corporation.

Never Be Without Power Again.

Be prepared for the next power outage. When the power goes out, your standby generator goes on - automatically - protecting you and your home 24/7. It doesn't sleep. It doesn't call in sick or make excuses. Back up either a few essential circuits or your whole house.



24/7 Power Protection

Free In-Home Estimate!

Washington Gas

Call Today for more information on turnkey installation of a automatic standby generator and to schedule an in-home consultation. **No Natural Gas? No Problem!** Cyprus Air can also install a propane tank, if your home does not already have gas.

CYPRUS AIR GENERATOR SYSTEMS

Serving VA, MD and DC Since 1967

Sales, Service and Installation

1(888)871-3043

www.CyprusAirGenerators.com

Expires 10/31/12

***Get $500 OFF**

When you purchase a standby generator and present this coupon.

Ask us about special financing offers!

Cannot Combine With Any Other Promotion. Coupon off Regular Price.

BBB ACCREDITED BUSINESS A+ RATING

MasterCard AMERICAN EXPRESS DISCOVER VISA

Senior Discount Mil. Discount

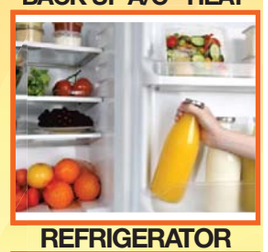
*Call for details.

Ask About Our Easy Payment Plans!

GENERAC®

BACK UP HOT WATER

BACK UP A/C - HEAT



REFRIGERATOR

BACK UP GARAGE DOOR

BACK UP SUMP PUMP

BACK UP STOVE

BACK UP ANY ROOM

DC Rider

NEW VERSION! NOW WITH RUSH PLUS! DOWNLOAD OUR FREE APP FOR iPHONE AND ANDROID DEVICES NOW AT THE APP STORE OR GOOGLE PLAY STORE.

Metro, Do You Have the Time?

Q Recently, the clocks that were once in front of the guard booths in the Metro stations were replaced with larger, blank screens. Please tell me that the time is returning? It's not a huge gripe, but I always liked to see the time when I was entering or exiting the Metro turnstiles. Thanks!

Thanks for reminding me to check on this, because other riders also have asked.

Metro spokesman Dan Stessel told me that these new displays are going in at all the station managers' kiosks.

They'll show the time — which helps all the riders waiting for 9:30 before going through the fare gates — but they'll also display status reports on the lines.

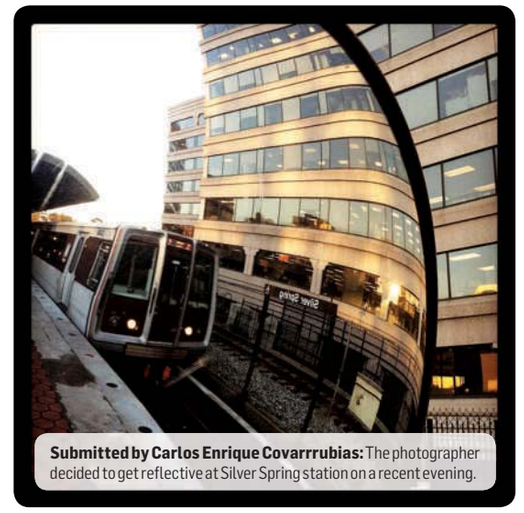
If that works as intended, it should help the many riders who have complained about a lack of actionable information before they enter the system. Especially frustrating are the times when you figure out there's a delay only moments after paying the fare.

Stessel said it will take several more months to install the hardware and software to display these status reports, but the devices should be displaying the time of day well before that.

Q Some Metrorail operators are still saying NoMa is the transfer station for Greyhound. The terminal moved to Union Station a few weeks ago. Perhaps you could let your contacts at Metro know so they can tell the operators to give out the correct info. As someone who gets off at NoMa for her daily commute, I can tell you a few people have not been happy to have to turn around to go back to Union Station — particularly when they're tourists and have to buy another paper farecard.

Very good point. And I'll try to repeat the information about the new Union Station location for intercity buses, including in our annual Thanksgiving getaway guide next month.

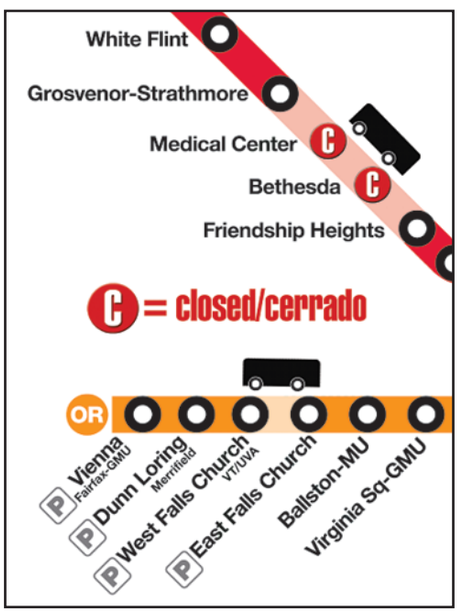
Dr. Gridlock offers commuter counseling online at washingtonpost.com.



Submitted by Carlos Enrique Covarrrubias: The photographer decided to get reflective at Silver Spring station on a recent evening.

Tag **@ExpressDCrider** in your Instagram posts of the transit system, and if we ♥ your shot, email it to us for publication at **dcrider@wpost.com.**

TRACK WORK THIS WEEKEND



From Friday, October 19 at 10 p.m. to Sunday, October 21 at closing: Buses replace trains on the Red Line between Grosvenor-Strathmore and Friendship Heights and on the Orange Line between West Falls Church and East Falls Church while Metro welds rail, upgrades fasteners, repairs tunnels, renews ties, replaces insulators, repairs fences and performs grout work, tamping and testing associated with the Silver Line. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

metro forward a better ride for you

SINGLE TRACKING THIS WEEKEND

BETWEEN

GR College Park-U of Md - Greenbelt

Weekend train schedules are adjusted for MetroForward rebuilding efforts.
Please allow extra travel time.
For details, go to wmata.com/alerts.

Local

Dems Lead in Latino Poll

Obama, Kaine up on opponents in key demographic in Va.

Richmond

A new survey released Monday shows President Barack Obama and Senate candidate Tim Kaine with commanding leads among Latino voters in Virginia, giving the two Democrats a key advantage in races that are likely to go down to the wire.

The poll, conducted by Latino Decisions for America's Voice — a pro-immigration reform group — shows Obama leading Mitt Romney among Latino registered voters in the commonwealth 66 percent to 22 percent. Obama got 65 percent of the Virginia Latino vote in 2008, according to exit polls.

Kaine

Obama

The survey also shows Kaine ahead of fellow former Gov. George Allen among Latinos in their U.S. Senate contest, 64 percent to 24 percent. The poll results come as Kaine's campaign released its third Spanish-language TV and radio ad, "Soy Virginia," which includes Kaine speaking Spanish to the camera.

Allen's campaign said Virginia Latinos had been hit hard by Democrats' poor performance on jobs and the economy.

"As the son of an immigrant, George Allen understands firsthand how America's diversity has strengthened and improved our country," said Allen spokeswoman Emily Davis.

"George Allen believes America must remain a land of equal opportunity for all – opportunities that Latinos especially have seen diminished under the economic policies of President Obama and Tim Kaine," Davis continued.

The Latino Decisions poll surveyed 400 Latino registered voters, some in English and some in Spanish, Oct. 4-11. The poll's margin of error is plus or minus 4.9 percent.

BEN PERSHING (THE WASHINGTON POST)

Officials Push for Walter Reed Town Center

ASTRID RIECKEN/FTWP

WALTER REED ARMY MEDICAL CENTER closed a year ago, and District planners, Army officials and residents from surrounding neighborhoods have been thinking about how every inch of the campus may be used in the future. The city has proposed a town center development. | **postlocal.com**

Stabbing at Md. School Under Investigation

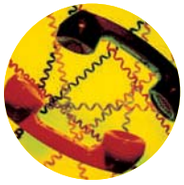
Silver Spring

Police in Montgomery County are investigating an apparent stabbing at a Silver Spring high school Monday.

According to Captain Paul Starks, a male student suffered a "puncture wound" with an unknown weapon around 11 a.m. at Northwood High School.

Starks said the incident happened in the school cafeteria.

Montgomery County Public Schools spokesman Dana Tofig confirmed that there was an incident during lunch on school property but said it did not happen inside the school. (THE WASHINGTON POST)



Crossed Wires: Verizon and Prince George's County officials are working to fix glitches with the county's new 311 system. Some callers who used Verizon phone lines to seek nonemergency help from the county government were told by a recorded voice that the number was not in service. Other callers using cellphones were connected to the District of Columbia's or Montgomery County's 311 system instead. (AP)

The Science of Biodiversity

For our food, fresh water, fuels, pharmaceuticals, and even the fibers used to create the latest fashions, we depend on raw materials provided by the natural world.

Join biodiversity and conservation experts Chase Mendenhall and Merlin Hanauer for a lively happy hour discussion of the planet's myriad different life forms and how we use and sustain them.

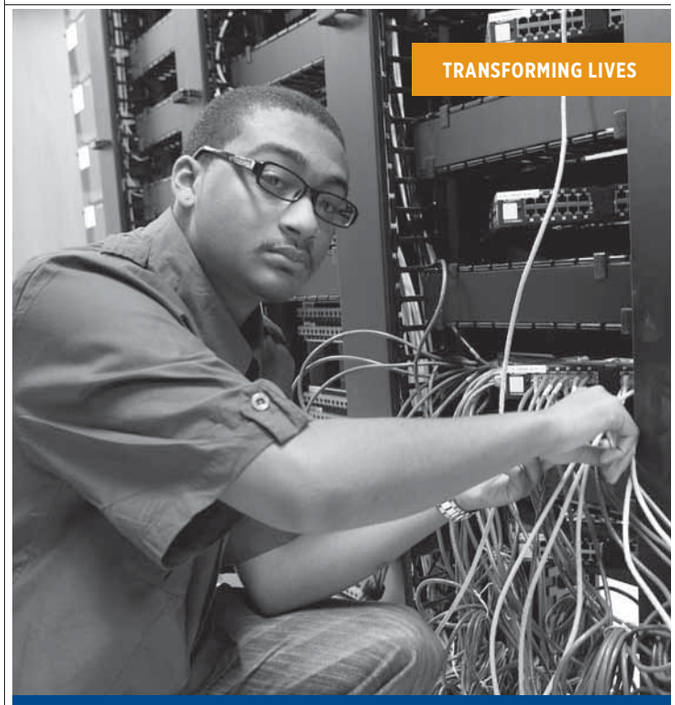
WHEN: Wednesday, October 17 • 6:30-8:00 pm
LOCATION: Koshland Science Museum • 525 E Street, NW
COST: $10, $7 with student ID (includes food, wine, and beer*)
For tickets visit https://koshland-science-museum.org/scicafe or call 202-334-1201.

*Participants must be 21 or older to consume beer or wine.

Sponsored by the *Proceedings of the National Academy of Sciences* and the Koshland Science Museum.

KOSHLAND SCIENCE MUSEUM koshland-dc.org

The Science Buzz by PNAS



TRANSFORMING LIVES

Career Preparation and Job Training

Prince George's Community College prepares students for professional certification and licensure in high demand fields that lead to rewarding careers. Students benefit from flexible and convenient learning options, as well as short- or long-term training programs. We are transforming lives.

- Career planning and guidance
- Retraining
- Skills building

Apply online at **www.pgcc.edu** or **call 301-336-6000**

PRINCE GEORGE'S COMMUNITY COLLEGE

13288

SCREENER TEACHER SALES REP GRAPHIC ARTIST MAR CE ADMINSTRATIVE ASSISTANT CHIEF ENGINEER

To advertise a job in Express, call **202-334-4100**.

XX180 2x5

Invisalign providers
invisalign
$500.00 OFF
on complete Invisalign case
*Must bring in ad for offer
FREE WHITENING
for new patients
New Patients who complete exam, x-rays and cleaning
*Must bring in ad for offer
We accept most PPO Insurance
Evening Hours Available by Appointment
Jennifer Norris, DMD
202-463-9323
www.jennifernorrisdmd.com
1145 19th St., NW, Suite 512
Washington, DC 20036
Dupont Circle
P St
Q St
N St
M St
L St
New Hampshire Ave
Connecticut Ave
19 St
18 St

WILLIAM & MARY
School of Education
Executive EdD in K-12 Administration
• Opportunity to earn a doctoral degree in 2.5 years!
• Maintains all of the historic quality of a traditional W&M degree
• Courses offered on weekends and in three, one week summer residency sessions, enhanced with distance learning
• Designed for the working practitioner in K-12 settings
• Visit our Open Houses from 7:00 pm - 8:30 pm:
Washington D.C. - October 19
1779 Massachusetts Ave. NW, Ste. 810
and
Williamsburg - November 2
301 Monticello Ave.
Small. Smart. Historic.
It's the William & Mary difference.
http://education.wm.edu 757-221-2342

DC Rider DOWNLOAD THE FREE iPHONE AND ANDROID APP. XX609 3X.25

Local

ASTRID RIECKEN/FTWP

The controversial posters on the Israel-Palestinian conflict are up at the Georgia Avenue-Petworth Metro stop and three other Metro stations after a court battle.

Metro Asked to Donate 'Jihad' Ad Cash to Charity

Washington

Dozens of faith groups Monday called on Metro to donate to charity proceeds from a controversial subway advertisement that the groups say is anti-Muslim.

"We live in a globalized world, and some here in the United States refuse to accept this reality," said the Rev. J. Herbert Nelson of the Presbyterian Church (U.S.A.), one of the progressive faith leaders involved in a broader campaign to fight what they say is escalating anti-Muslim sentiment in America. "Metro may be called to profit, but we are called to prophesize."

But a Metro spokeswoman said subway platforms have been ruled public space and speech there can't be preferential.

The ads have involved lawyers and controversy not only in Washington but also in San Francisco and New York City, where they also appeared earlier this year.

Debate has centered on what constitutes free speech and hate speech.

Subway platforms have been ruled public space and speech there can't be preferential.

In Washington, Metro had tried to delay running the ads, which say: "In any war between the civilized man and the savage, support the civilized man. Support Israel, defeat jihad." But a judge Oct. 5 rejected Metro's argument that the ads could provoke violence.

At the news conference Monday, a group of progressive faith leaders said that even if the monthlong ads, running in four busy stations, are legal, they offend hundreds of thousands of commuters from diverse backgrounds. MICHELLE BOORSTEIN (THE WASHINGTON POST)

The Lotteries

Monday, Oct. 15

District

Mid-day Lucky Numbers	2-3-0
Evening Lucky Numbers (Sun.)	9-2-7
Mid-day DC 4	6-2-2-7
Evening DC 4 (Sun.)	7-7-1-2
Mid-day D.C. Five	2-4-1-9-4
Evening D.C. Five (Sun.)	7-0-0-8-1

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	4-2-4
Evening Pick 3 (Sun.)	9-0-7
Mid-day Pick 4	8-7-7-6
Evening Pick 4 (Sun.)	4-9-0-8
Match 5 (Sun.)	2-24-25-28-31 (3)

Virginia

Mid-day Pick 3	1-3-2
Evening Pick 3 (Sun.)	4-0-6
Mid-day Pick 4	5-6-9-7
Evening Pick 4 (Sun.)	3-5-5-1
Mid-day Cash 5 (Sun.)	10-20-21-23-34
Evening Cash 5 (Sun.)	11-16-18-20-25

CHIP SOMODEVILLA/GETTY IMAGES

Take 2

Obama looks to rebound in a town hall format after his mediocre first debate with Romney

Analysis

When President Barack Obama and former Massachusetts Gov. Mitt Romney take the stage at Hofstra University on Tuesday night for the second presidential debate, the pressure to perform will be squarely on the incumbent.

Thirteen days will have passed since Obama's not-a-disaster-but-close performance in the first presidential debate in Denver, a showing that he and his campaign initially tried to shrug off as a draw but came around to admitting looked more like a rout for Romney.

"He knows Mitt Romney had a better night at the first debate," Obama spokeswoman Jennifer Psaki said Sunday of the president. "The American people should expect to see a much more energized President Obama."

Ed Gillespie, senior adviser to the Romney campaign, quipped that Romney would be prepared regardless of Obama's adjustments: "The president can change his style. He can change his tactics. He can't change his record."

The two weeks since have been filled with second-guessing — and second thoughts — from the Democratic base. Although Vice President Joe Biden's over-the-top performance in last week's vice-presidential debate helped re-energize many of the party's activists, there is still considerable anticipation/trepidation about whether Obama will (or can) perform better in this second showdown.

Obama's ability to show some fight — or, at the very least, not look like he wants to get off the stage as quickly as possible — will be the dominant story line of Tuesday night, though the president is never going to give a debate performance like Biden turned in last week. (And that may be a good thing.)

But Romney, too, needs a strong evening to cement the first. He cannot afford any backsliding. His advisers know that if, as expected, Obama does a better job Tuesday, stories will inevitably be written about his bounce-back. No one expects a second mismatch.

Obama and Romney remain locked in a virtual dead heat nationally, according to a Washington Post-ABC News poll released Monday. Likely voters are split 49 percent for Obama to 46 percent for Romney, basically unmoved from the poll two weeks ago, before the two met in Denver for their first debate.

A challenge for Obama and Romney is that voters remain unconvinced that either candidate, if elected, will be able to quickly turn around the economy. Head-to-head on the matter, 48 percent of all voters say they trust Obama to deal with the economy, and 44 percent side with Romney. Among likely voters, it's an even narrower divide: 48 to 47 percent.

The last two debates have the potential to change the race again, but it's likely that the biggest impact has already occurred. Increasingly, both campaigns are focused on the real competition, which is turning out identified supporters and winning over the few remaining undecided voters.

(THE WASHINGTON POST/AP)

1 in 8

The estimated number of voters who say they are undecided or say they could change their vote, according to the most recent Washington Post-ABC News poll.

(TWP)

The Final Debate

The candidates will meet for their third and final debate Monday, Oct. 22, in Boca Raton, Fla. The debate will focus on foreign policy.

The Moderator's Role

President Barack Obama and Mitt Romney have united to fight for a common cause: limiting the role of debate moderator Candy Crowley. Time reported Monday that both campaigns agreed that Crowley would "not ask follow-up questions" or comment on the questions or the responses. Crowley was not involved in that agreement, and the campaigns have expressed concern she has indicated that she plans to take a larger role in the town hall. There was similar wrangling around the town hall in 2008, moderated by Tom Brokaw, with Sen. John McCain's campaign complaining that the journalist asked too many of his own questions. (TWP)

Which Obama Will Emerge Tonight?

When it comes to debating, President Barack Obama remains the college professor at heart — a cool and calculating clinician more than a heart-on-the-sleeve emoter. But Obama and his team know that another "does he even want to win?" performance like he gave in Denver on Oct. 3 could cost him the race. Obama has never had to play the aggressor in a general election debate before. In the three debates with Sen. John McCain in 2008, it was clear that then-Sen. Obama of Illinois was playing it safe. Obama remains a slight national favorite; he will feel pressure to play offense, an unfamiliar position.

CHRIS CILLIZZA (THE WASHINGTON POST)

"This is the one debate that belongs to the people. You can't have this sort of all-out slugfest at a town hall debate."

— **BRETT O'DONNELL,** A DEBATE COACH WHO WORKED WITH MITT ROMNEY DURING THIS YEAR'S PRIMARIES, ON THE FORMAT FOR THE SECOND PRESIDENTIAL DEBATE

New to the D.C. area? Here's a class for you!
"Welcome to Washington, D.C." Adult Education Class
Get acquainted with your city and meet other residents of the metro D.C. area!
Thursdays: 11/1, 11/8, and 11/15
7:00-9:00 PM, Cost: $5.00
Arlington Adult Education
Clarendon Education Center, Room #309
Register Online: http://www.apsva.us/adulted
Open to all residents of VA, MD, and D.C.

Reason # 12

You can't hide behind your smartphone if your ex gets on the train.

XX133 1x9

express IN PRINT.
Still the best way to kill time during your commute.

express best OF 2012

Express' Best of 2012 special issue is finally here.
Discover the best of the best when it comes to food, music, sports, and much more. Filled with insider commentary on hot spots chosen by readers like you, this is your indispensable guide for where to go when you refuse to settle for the mediocre. Oh—and it's free!

Read on
Thursday, October 18

Express. Just what you need.
News, Lifestyle, Entertainment, Sports

XX292 4x10.5 Teaser b

Sports

PABLO MARTINEZ MONSIVAIS/AP

Redskins quarterback Robert Griffin III breaks away for his 76-yard touchdown against the Minnesota Vikings Sunday. Washington is 3-3 after the 38-26 win at FedEx Field.

'It's Great to Watch'

Griffin's incredible speed ignites the Redskins' offense

The Redskins

Six Minnesota Vikings blitzed. Six Redskins blocked. Robert Griffin III read the moment perfectly, a rookie seeing the play like a seasoned veteran. There would be no one to stop him if he took off.

It's long been known that a running quarterback changes the dynamic of a game. When that quarterback can travel the final 60 yards of a 76-yard touchdown run in about six seconds — while wearing pads, carrying the ball and looking back at chasing defenders, as Griffin did on Sunday — then it truly is a whole new ballgame.

"It's been 10-on-11, offensive guys vs. defensive guys," Redskins fullback Darrel Young said. "If you put a guy in that position where he can run, it's 11-on-11."

Defenses will watch the video of the Redskins' 38-26 win over the Minnesota Vikings and wonder what they can do to stop the Heisman Trophy winner and former Big 12 hurdle champion who already knows how to survey an NFL defense and figure out the next move.

"I saw the blitz," said Griffin, describing the third-and-6 that produced the 76-yard run. "And I was thinking I'm either going to throw hot, or if they miss this blitz and don't hit it the right way, I'm going to run for the first. I saw that they missed it, took off running."

His speed was such that safety Jamarca Sanford took a bad angle and ended up in a hapless game of chase. Safety Harrison Smith dived at Griffin's heels, forcing a momentary high-step from the rookie.

The touchdown sealed the win and dismissed any thoughts that Griffin would be affected by a concussion suffered a week earlier. He ranked 14th in the NFL in rushing as of Monday with 379 yards, far ahead of any other quarterback. His running also opens up the passing game — he's the only starting QB completing more than 70 percent of his passes and has thrown only two interceptions through six games.

Behind Griffin, the Redskins are 3-3, and next week's game against the New York Giants is their first against an NFC East foe. Washington's recent history of futility is irrelevant when he's under center — or until he gets hurt again. After all, backup Kirk Cousins is more like one of those 10 vs. 11 quarterbacks.

"He's just been phenomenal in what he's done," linebacker London Fletcher said. "Nothing's been too big for him. Really, he's just going out there really having fun. ... It's great to watch." JOSEPH WHITE (AP)

Where They Stand

The Redskins play their first game in the division next Sunday against the New York Giants. Here are the NFC East standings through six weeks.

	W	L	WIN %	HOME	ROAD
NY Giants	4	2	.667	2-1-0	2-1-0
Philadelphia	3	3	.500	2-1-0	1-2-0
Washington	3	3	.500	1-2-0	2-1-0
Dallas	2	3	.400	1-1-0	1-2-0

No. 1 Fan: President Barack Obama may be a Bears fan, but he knows a good player when he sees one. On Monday, White House press secretary Jay Carney relayed Obama's admiration for Redskins rookie QB Robert Griffin III, calling his 76-yard touchdown run against the Vikings remarkable. Obama did "comment on the restoration of faith in Washington sports teams created by RGIII's remarkable performance in the Redskins game," Carney said. (EXPRESS)

Swengali

Hits Keep Coming For D.C.'s Teams

Not even Robert Griffin III's 76-yard touchdown run Sunday can soften the blow for D.C. sports fans who suffered through the Nationals' heartbreaking defeat last Friday. But Washingtonians should be used to this by now. The Sports gods have a sense of humor, and we're usually the punch line. How does the Nats' 9-7 loss to the Cardinals compare to the city's worst losses? Let's see.

By Matt Swenson

- **Villanova 66, Georgetown 64.** This was the 1985 NCAA championship, so the stakes were much higher than the National League Division Series. Plus, it took a perfect game from Cinderella Villanova to defeat Goliath Georgetown.

The Sports gods have a sense of humor, and we're usually the punch line.

- **Duke 95, Maryland 84.** Not to be confused with the "Gone in 60 Seconds" loss, this 2001 defeat featured the Terps blowing a 22-point lead in the Final Four, again a grander stage than the Nats reached. On the plus side, Maryland won the national title a year later.
- **Cardinals 9, Nats 7.** D.C.'s third most painful loss ever, exasperated by a blown 6-0 lead and five missed chances to get the last strike. Ouch.
- **Red Wings 5, Capitals 4.** It's really hard to pick just one for the Capitals, but I'll take this blown lead — and Esa Tikkanen's missed shot on an open net — since it was the closest Washington has coming to winning a game in the Stanley Cup finals.

This should serve as a reminder not to get your hopes too up for RGIII.

@ Follow Matt Swenson on Twitter. His handle is @Swengali.

express health directory

This study is sponsored by the National Institutes of Health

Don't fall back into old habits! We can help you quit smoking!

Join the University of Maryland Quit Smoking Study!

Receive 8 free group therapy sessions and the Nicoderm® CQ patch and up to $440 for participating.

For more information:
Email UMDquit@gmail.com
Or call (301) 405-4188

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **$25** in cash for completing these forms and your child will receive **prizes** valued up to **$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,

please call us at
(240) 688-8137
or email us at
caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

Suffering From ASTHMA?

Subjects needed for a clinical research study of a new, investigational asthma medication.

Conducted by Gordon Raphael, MD

Reimbursement for time and travel

(301) 907-3476

Bethesda, MD | Near Metro | Free Parking

Volunteer for a VACCINE TRIAL at Children's National Medical Center.

We are looking for healthy DC area **adults 18-45 years of age** who have never had hookworm and are willing to participate in an investigational **vaccine trial** to help prevent hookworm disease which affects over 500 million people in developing countries.

25 hours of your time over 16 months can have an impact on Global Health.

For additional information regarding this research study, please contact:

Jonise Handy
(202) 476-3615
jhandy@childrensnational.org

Ted Miles
(202) 994-8976
tmiles01@gwu.edu

Participants will receive $25 per visit as compensation for time and travel to Children's National Medical Center

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

Children's National Medical Center

Pain-Free Healthy Volunteers Needed

Ongoing research study looking at how exercise therapy affects the function of the brain.

We are seeking female volunteers of ages 30-60 that:

- Do not have any painful disorders
- Are not taking medications for pain, depression, or anxiety
- Are willing to undergo a single MRI scan
- Are willing not to participate in regular exercise for 6 weeks

Study length: 1 study visit

There is no cost to participate, all testing is free of charge, and participants are financially compensated. This research study is being performed at Georgetown University Hospital.

For more information call Dr. Brian Walitt at (202) 877-0890 or email docwalitt@hotmail.com

Park your browser here.
Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 Ix2

Park your browser here.
Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 Ix2

For Advertising Please Contact
washingtonpost.com
For Advertising Contact
Catherine Falcomeni
202-334-5648
falcomenic@washpost.com

Great dates start here.
Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 Ix4

Park your browser here.
Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 Ix3

Is your personal space this tiny?
Digs
The last Friday of each month in Express.
express
To advertise, call 202.334.4130
or e-mail ads@readexpress.com.
XX195 5x.75

Sports

Ravens Are Hit Hard by Injuries

Lewis out for season with torn triceps; Webb rips left ACL

Pro Football

Ravens linebacker Ray Lewis will miss the remainder of the season with an arm injury, an enormous blow to an already depleted defense that has uncharacteristically struggled this year.

Lewis

Lewis tore his right triceps during Sunday's 31-29 victory over Dallas. Cornerback Lardarius Webb also is out for the year after ripping the ACL in his left knee in the win against the Cowboys.

Ravens coach John Harbaugh confirmed Monday both are done for the year.

PATRICK SMITH/GETTY IMAGES

Cornerback Lardarius Webb is carried off the field during the Ravens game Sunday.

The 37-year-old Lewis leads Baltimore in tackles and is the voice of experience in the huddle. He's been invited to 13 Pro Bowls and is a two-time NFL defensive player of the year.

Webb, considered to be Baltimore's best cornerback, tore his right ACL as a rookie in 2009.

While Webb's career is likely to continue, this may be the end for Lewis, who will surely have multiple broadcasting offers once he officially retires. (AP/EXPRESS)

Back to Work: Saints defensive coordinator Steve Spagnuolo says he believes Jonathan Vilma, left, will be able to return to practice Wednesday, although it is not yet certain whether the linebacker will play at Tampa Bay on Sunday. Vilma, who is appealing a season-long suspension in connection with the NFL's bounty investigation of the Saints, remains on the club's physically unable to perform list, but he is eligible to be activated Tuesday. (AP)

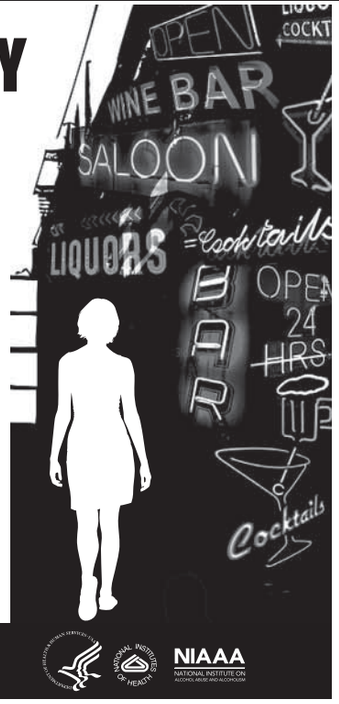
Are **ALCOHOL** and **ANXIETY** taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:
- Are a woman 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



WE NEED YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov

NIAAA
NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

DON'T JUST CARE. **DO.**

Saving the planet takes more than passion. You need scientific knowledge and good policymaking skills. The **MS in Environmental Sciences and Policy** combines both in a flexible, part time program with classes available in Washington DC, Baltimore, and online.

Register today for our Open House in DC!

Wed October 24 • 6:30 pm
1717 Massachusetts Ave. NW
(near Dupont Circle Metro)

» environment.jhu.edu

JOHNS HOPKINS UNIVERSITY
Krieger School of Arts and Sciences
Advanced Academic Programs

express → health directory

ASTHMA?

Are you 18 - 70 years of age, have partially controlled or uncontrolled asthma and are using daily asthma medication? If so, you may be eligible for a 5 month, voluntary research study of an investigational **nebulized medication** or placebo for asthma.

Compensation for time and travel may apply. Metro Accessible and Free Parking.

For more information please contact **Grace** at **301-962-1609** or **iaaresearchgrace@yahoo.com**

INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MD
Martha White, MD | Michael Kaliner, MD | Athena Economides, MD | Henry Li, MD, PhD | Mark Scarupa, MD | David Jeong, MD

ready to rent
A Publication of The Washington Post
EVERY FRIDAY IN express
XX205 2x.75

Sports

Reds Give Baker 2-Year Contract

Pro Baseball

Dusty Baker missed the Cincinnati Reds' division title celebration, still recovering from a heart issue and a mini-stroke in a Chicago hospital. One win away from the NL championship series and another celebration, he came up short.

The Reds are giving him another chance to take his team deep into the postseason.

The 63-year-old manager agreed to a two-year contract extension Monday, the same length as his last deal. The Reds have won the NL Central title in two of the past three years under Baker, losing in the first round of the playoffs. (AP)

NHL, Players to Resume Talks

Pro Hockey

The NHL and the locked-out players' union will resume negotiations Tuesday in Toronto after a four-day break following two days of meetings last week.

The announcement Monday comes on the same day players missed their first scheduled paycheck of the year. The NHL has called off 82 games through Oct. 24 — the first two weeks of the season.

An agenda is not yet set for the talks that shift to the union's office from league headquarters. But the sides will be looking to make headway on the core issue: the division of hockey-related revenue. (AP)

On Off Day of Series, Girardi Buries Father

SETH PERLMAN/AP

PALLBEARERS CARRY the casket of Jerry Girardi, father of Yankees manager Joe Girardi, on Monday in Peoria, Ill. On an off day of the American League Championship Series, Joe Girardi attended the service for his father, who died Oct. 6 at age 81. The skipper hasn't missed a playoff game.

TV Lineup

AP

PRO BASEBALL (8 P.M., TBS) Justin Verlander, above, can put the Detroit Tigers up 3-0 in the ALCS against the New York Yankees, who counter with Phil Hughes.

SOCCER (2:55 P.M., 6:30 P.M., ESPN2) Spain hosts France in a World Cup qualifier in Madrid, and then the U.S. takes on Guatemala in a World Cup qualifier in Kansas City, Mo.

COLLEGE FOOTBALL (9 P.M., ESPN2) North Texas kicks off against Louisiana-Lafayette.

Celebrating Generosity

Federal employees and active military give through the CFCNCA

Learn more inside

Special Issue 2

Special Advertising Section prepared by The Washington Post Custom Content Department for Express

express

Charity Advertiser Index

CHARITY NAME (alphabetically)	CFC#	Page
Aid for Africa	11069	22
African Wildlife Foundation	11219	13
America's Charities	10224	3
American Kidney Fund	11404	3
Asthma & Allergy Foundation of America (AAFA)	10583	11
Bats Conservation International	12064	13
Blinded Veterans Association	10513	6
Bread for the City	61733	15
Breast Cancer Fund	10616	16
Catholic Charities of Washington, DC	83997	11
Chesapeake Bay Foundation	11325	14
ChildFund International	11385	19
Children International	12078	21
Christ House	34256	19
Christian Service Charities	10171	9
City of Hope	11720	14
Civil War Trust	11785	4
Conservation Fund	10630	13
Covenant House Washington	65964	10
Defenders of Wildlife	10624	12
Disabled American Veterans (DAV) Charitable Service Trust	11322	5
Doctors Without Borders/Médecins Sans Frontiéres USA	11112	18
EarthShare	10252	12 & 13
EcoLogic Development Fund	11432	13
Environmental Law Institute	10629	12
Episcopal Relief & Development	80416	5
Gateway for Cancer Research	11719	6
Habitat for Humanity of Washington, DC	71579	7
International Partnership for Microbicides	81349	23
Lupus Research Institute	10566	8
Manna, Inc.	80363	19
National Audubon Society	12068	13
National Center for Missing & Exploited Children	11822	8
National Parks Conservation Association	12069	12
National Forest Foundation	12053	13
National Wildlife Federation	10622	12
The Nature Conservancy	10643	12
Ocean Conservancy	11436	12
Operation Blessing International	10530	17
The Salvation Army National Capital Area Command	98883	2
The Salvation Army World Service Office (SAWSO)	12084	10
Samaritan's Purse	10532	16
Share Our Strength - No Kid Hungry	11158	20
So Others Might Eat (SOME)	74405	17
The Student Conservation Assocation	11343	12
United Service Organization (USO)	11381	23
United Way of the National Capital Area	31408	24
Veterans of Foreign Wars Foundation (VFW)	10511	18
WETA TV & FM	99561	7
The Wilderness Society	10638	13
Women for Women International	11311	20
World Resources Institute	96456	12
World Wildlife Fund	12072	12
Wycliffe Bible Translators	11737	15

About this section: This advertising special section was prepared for the Advertising Custom Content department of *The Washington Post* by freelance writer Heather Phibbs and art director Leigh Nelson and did not involve *The Washington Post* news or editorial departments. For more information, please contact Marc H. Rosenberg, Senior Advertising Manager, at 202-334-7634 or Kathryn Whitener, Account Manager, Charity Organizations, at 202-334-6171.

THE SALVATION ARMY®

DOING THE MOST GOOD®

National Capital Area Command

District of Columbia
Northern Virginia
Suburban Maryland

TOGETHER, WE RESTORE LIVES

SALVATIONARMYNCA.ORG

PROUD MEMBER OF United Way of the National Capital Area 8700

CFC Combined Federal Campaign 98883

Charities Relying on Individual Donors More than Ever

Despite the trying economic climate, individual donors continue to be the backbone of charitable giving in America. According to *Giving USA: Annual Report on Philanthropy*, 88 percent of total giving in 2011 — nearly nine out of every 10 dollars — came from individuals*.

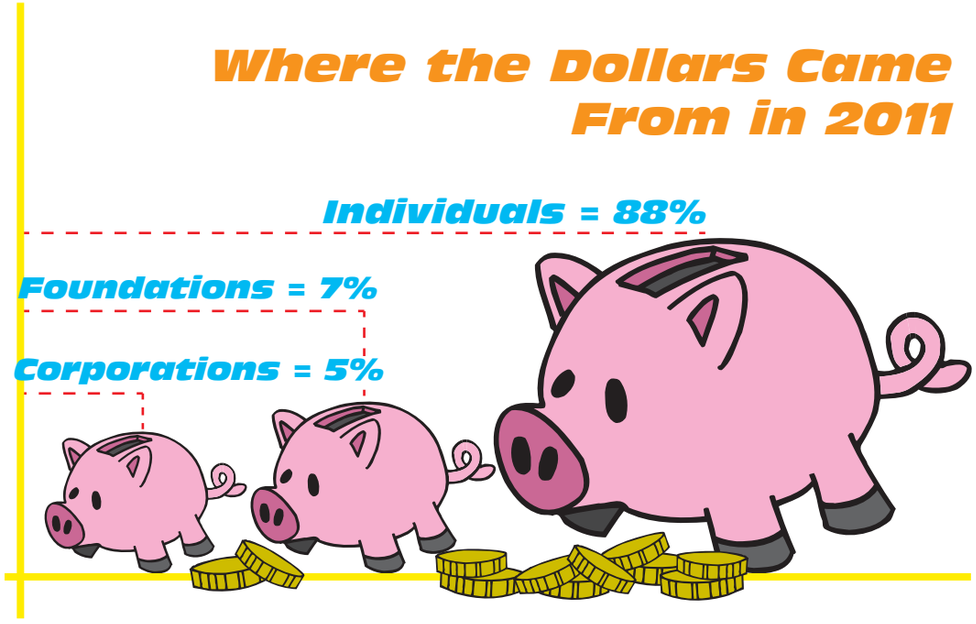
Even though charitable giving rose in 2011 over that of 2010, it was 11 percent below that of 2007. While individual contributions increased last year, corporate support for non-profit organizations remained stagnant at just five percent.

"Charitable giving continues to be a priority for the majority of American households as evidenced in Giving USA's report," said Eileen Heisman, CEO of the National Philanthropic Trust, in a statement made this past June. "People were giving even during the lowest points of the recession, but as we make an economic rebound, donors feel comfortable gifting their dollars — especially when they support a cause or organization that's important to them."

Headquartered in Chicago, Il., the Giving USA Foundation publishes data and trends about charitable giving through its seminal publication, Giving USA, and quarterly reports on topics related to philanthropy. Published since 1957, Giving USA is the longest running, most comprehensive report on philanthropy in America.

The individual giving category of the referenced 2011 Giving USA report includes bequests and gifts from family foundations.

Story by Heather Phibbs



American Kidney Fund®

Almost **1 out of 4** U.S. dialysis patients turns to the **American Kidney Fund** for financial assistance.

Last year we helped nearly **90,000 patients** in need pay for insurance premiums and treatment-related expenses.

WITH YOUR HELP

CFC # 11404

www.**KidneyFund**.org

Team USA Paralympic Athletes Backed by CFC Charities

Following this summer's Olympic Games, disabled athletes from around the world participated in the 13th Summer Paralympics from August 29 to September 9 in London. Representatives from 167 countries competed in archery, road cycling, track cycling, football, sitting volleyball, wheelchair tennis and rugby, and numerous other sporting events.

"I hope kids with or without a disability look at me as a good role model and want to get out and do what I'm doing and get involved in sports and everything."

The Paralympic Games are supported by thousands of volunteers, as well as funds donated by hundreds of organizations worldwide. Two of those are American based organizations that receive donations through the Combined Federal Campaign (CFC).

USA's own Paralympic team brought home 98 medals this year, thanks to the determination of our athletes and those who support them. CFC-funded organizations help provide crucial assistance to Team USA in the form of tuition grants, direct athlete funding, health insurance, strength training and coaching.

At the 2012 games, members of the American team performed exceptionally well in road cycling and swimming, for which they were awarded a combined total of 53 medals.

Jessica Long, a 20-year-old swimmer from Baltimore, took home eight of the medals in swimming, five of them gold. In September she was honored as Paralympic Sports Woman of the Year.

"It's such an honor, and, you know, I truly just love what I do," said Jessica. "I hope kids with or without a disability look at me as a good role model and want to get out and do what I'm doing and get involved in sports and everything."

The Paralympic Games were born in 1948, when the first organized athletic event for disabled athletes took place in conjunction with that year's Summer Olympics. Those games, held in London as they were this year, included participation mainly by a group of wounded World War II veterans. Called the "International Wheelchair Games," they inspired creation of the very first Paralympic Games, held in Rome in 1960.

For more than 50 years now, both the Summer and Winter Paralympics have challenged disabled athletes to set and achieve higher goals, to compete with others from their country as a team, and sometimes, to surprise themselves with what they can accomplish.

"My first race, the 100 meters, I was only ranked third," said Raymond Martin, a wheelchair racer from New Jersey and winner of four gold medals at the 2012 games. "It was a little shocking I won because I was just getting my feet wet in the whole stadium atmosphere."

CFC-supported charities, like those that play a role in the Paralympics, can benefit when federal employees exhibit the same kind of team spirit as these athletes – when they work together to raise vital funds for important causes here at home and around the globe.

Story by Heather Phibbs

Eagle Donor and Keyworker: Monthly Donations Can Make a Big Difference

Have you ever considered donating just 1 percent of your salary to your favorite charity? If not, Combined Federal Campaign of the National Capital Area (CFCNCA) Eagle Donor Lou Perkins suggests that you do.

As an Eagle Donor, Lou commits 1 percent of her salary to charity through the CFCNCA. Lou, who worked for several agencies throughout her career but retired from the U.S. Patent and Trademark Office, still contributes through the CFCNCA and vividly remembers her first Eagle pin.

Donors who give at least 1 percent of their salary are recognized as Eagle givers and those who give at least 2 percent of their salary as Double Eagle givers and will receive a special lapel pin from their Keyworker.

Photo courtesy of Rich Nightengale
Content provided by the Combined Federal Campaign of the National Capital Area

"When David Dalke, a CFCNCA Keyworker and now friend, pinned on my first Eagle Pin, I was overwhelmed. It wasn't about how much money I gave; it was about me being able to give and share my contribution with several organizations. Putting that pin on didn't set me apart from my co-workers because of dollars — it set me apart because of the commitment that I was showing through my actions. Receiving the Eagle pin was joyous! It made me feel warm inside. I knew that someone, somewhere, would benefit from my contribution," Lou said.

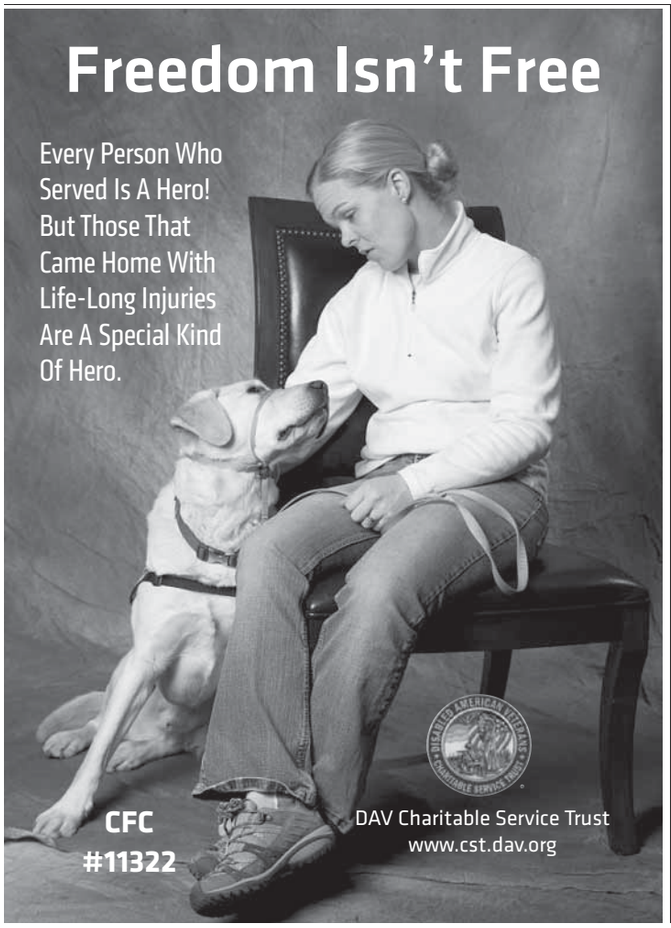
CFC Keyworker David Dalke remembers the event well too, saying, "Lou was a supervisor in the Office of Civil Rights where I worked. She always had a good spirit and was fun to work with. She could always help solve problems and she had a very warm personality."

When he started to think about the sort of commitment Lou was making as an Eagle Donor, David felt inspired. "Presenting someone an Eagle Pin, recognizing the sacrifices that they're willing to make for others, is so rewarding because you're seeing the kindness of others. It's an active demonstration of the joy that others take in giving and in participating in the Combined Federal Campaign." It was Lou's active demonstration that motivated David himself to become an Eagle Donor.

"When David came to us about the CFC, I thought… 'this is going to be fun' … and it was," says Lou. "Through the CFCNCA, you're able to choose the cause, the region and the organization you want to give your money to. There's no browbeating. Your manager doesn't say, 'Well, your rating depended on this.' You are able to give freely to the agencies and charities of your choice."

David adds, "As a Keyworker, you actually have an opportunity to help those people who don't know where they want to give, or don't know yet even if they want to give. You have a chance to help them make those decisions through the relationship that you have with them."

Both David and Lou strongly encourage other Federal employees to contribute through the CFCNCA because it is important to be concerned about people who have less.



Animals Receive Care with Help from the CFC

Wagging tails and cold noses may not be the first things that come to mind when thinking of the Combined Federal Campaign of the National Capital Area (CFCNCA), but indeed animal welfare is a leading charitable choice. As a director at a CFCNCA-funded charity in Northern Virginia, Lisa K. knows this firsthand.

With the help of funds generated through the CFCNCA, Lisa's organization is able to take in approximately 4,000 animals each year. Lisa estimates that federal employees donate more than $100,000 to her cause each year. These funds allow her organization to not only care for the animals they take in, but also to provide community assistance for pet owners. Programs have been established to help the community with low-cost spaying and neutering, emergency veterinary assistance, and if any medical or behavioral issues occur with a pet, small or no-interest loans are available to help pet owners care for their animals.

"Most recently we helped a woman with an emergency vet bill. She had just lost her job. Her dog had jumped off the bed and was limping. She wasn't sure if it was a sprain or if the dog had broken its leg, but it was going to be approximately a $500 vet bill to find out," says Lisa. "We helped pay that bill and it turned out it was just a sprained leg. A few days of rest and pain meds, and he was right as rain! She brought him in a couple of weeks later just to show off how great he was doing. Without those CFCNCA funds, she would have been forced to surrender her dog to us, but instead we were able to keep that dog with its family!"

CFCNCA Charity Worker Lisa K. has committed her life to serving animals through her CFCNCA-funded charity.

Lisa's CFCNCA-funded charity also helps with pet adoptions, sets up rabies-vaccination clinics, provides pet-care education and animal control services, and provides veterinary care for surrendered or stray animals in order to make them more adoptable.

"Growing up, I always had pets. I just love animals and think they bring a happy, magical presence to anyone's home. That's why I got involved in my organization — and that's why I believe donations from Federal employees are so important. They help us do what we do and provide animals with happy, healthy homes."

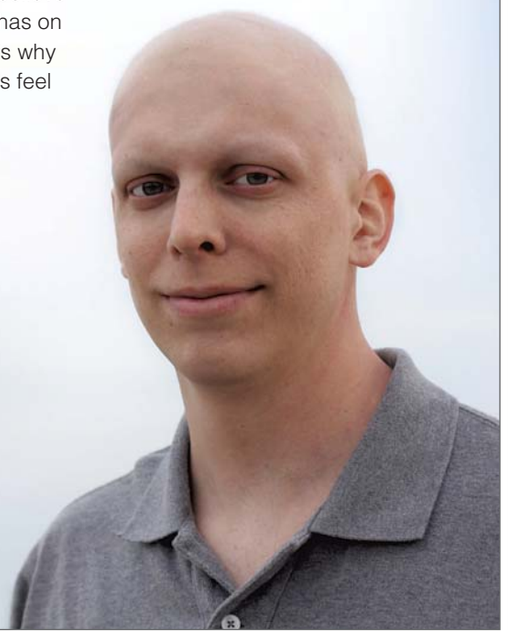
Photo courtesy of Mike Morgan
Content provided by the Combined Federal Campaign of the National Capital Area

It's About the Patients.

At The Gateway for Cancer Research,℠ we believe that cancer research is about the impact it has on helping patients, not interesting data. That is why we fund studies focused on helping patients feel better, live longer and be cured TODAY.

Pledge today.
CFC# 11719

99 cents of every dollar received funds leading-edge cancer research.



DEMAND CURES TODAY℠
THE GATEWAY FOR CANCER RESEARCH
DemandCuresToday.org • 888.221.2873

Blinded Veterans Helping Blinded Veterans Since 1945

IRAQ • WWII • VIETNAM
THREE GENERATIONS OF BLINDED VETERANS
★ ★ ★

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans. We are here to help veterans and their families meet the challenges of blindness. We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

BVA 800-669-7079 www.bva.org
CFC 10513

Formerly Homeless Veteran Gets His Own House With Help of DC Habitats

Leaving his parents' house at age 18, Kenneth Harris had no idea that it would take nearly thirty years before he would regain a stable roof over his head. Harris had made a commitment to his country by joining the Army. He thought that when he returned, he might go to air traffic control school.

Veteran Ken Harris works to build his own home alongside a DC Habitat volunteer.

However, like many vets, he became a member of the homeless community. To get by, he relied on family members, sleeping on their couches and accepting their hospitality. Other times, he had to sleep in his car. "I once spent a whole summer out by I-95 sleeping at a rest stop," he recalls.

It was Father's Day 2008 when he decided it was time to change his life. Listening to a speech by Barack Obama, he decided he was "sick and tired of being sick and tired." The speech must have resonated with his own responsibilities and shortcomings, because within four years he turned his life around. With the same dedication and hard work that he demonstrated as a young man, Mr. Harris researched ways to pay off his debt, improve his credit score and gain financial stability. He also secured a place in a local transitional housing program for homeless veterans, Q-Life. When he came across a Habitat for Humanity flier, he was prepared.

He contacted Habitat's Washington, D.C. office and began taking the steps to become a homeowner. Habitat for Humanity of Washington, D.C. (DC Habitat) offers a hand up to low-income Washington residents in need of decent, affordable housing. By utilizing donated funds and volunteer labor, DC Habitat builds and rehabilitates homes that are sold to program recipients at below-market prices. In return, the new owners contribute their own 'sweat equity,' helping to construct their house and those of their Habitat neighbors. Ken Harris will close on his new home and move in this fall.

"I was selfish when I was young," he admits, but working on other people's houses through Habitat's sweat equity program has changed his perspective. "When you're out there, sweating, tearing up concrete in the heat, for no pay, it gets you thinking," he says. Mr. Harris hopes to continue volunteering even after becoming a homeowner. He says he hands fliers out to people because often they don't know about the opportunities that are out there. When asked about his hopes for homeownership, he mentions cooking, moon walking to Billie Jean and inviting his family over for a change. Most of all though, he says, "I'm just going to lock the door, sit and relax."

Photo courtesy of Ashley Hartzell/DC Habitat
Advertorial content provided by DC Habitat

WETA TV 26/90.9 FM

99581

Designate WETA:
For you, your family and the community.

WETA Television and Classical WETA 90.9 FM recognize viewers' and listeners' intelligence, curiosity and interest in the world around them.

PBS NewsHour • *A Capitol Fourth* • *Masterpiece Classic: Downtown Abbey*
Doc Martin • *Dinosaur Train & Curious George* on WETA Kids
Antiques Roadshow • The WETA Movie

Classical Music for Greater Washington • *Classical WETA Opera House*
Front Row Washington Featuring Local Concerts

CFC Combined Federal Campaign of the National Capital Area

Individual contributors like you make great television and radio programs possible for everyone. Thank you for doing your part to support public broadcasting through CFC.

WETA • P.O. Box 96100, Washington, DC 20090-6100 *www.weta.org*

Photos: Doc Martin, courtesy ITV; Dinosaur Train, courtesy The Jim Henson Company; A Capitol Fourth, courtesy WETA.

There's no place like home.

Well, for some of us.

For others, it's a building in major disrepair, a space that's horribly overcrowded – or even worse, a place that doesn't exist at all.

Habitat for Humanity of Washington, D.C. works to eliminate poverty housing and homelessness in the nation's capital by building affordable, energy-efficient homes for hard-working, low-income families. The number of homes we build depends entirely on the donations we receive.

Your pledge helps us build more.

Habitat for Humanity® of Washington, D.C.

CFC # 71579
United Way # 8224

One Mother's Story: How MOPS Helps Women Through Troubled Times

By Stacey Morgan, Fort Belvoir MOPS

My husband likes to say that MOPS (Mothers of Pre-Schoolers) saved our marriage. I first found MOPS when I was a young, lonely and scared mom with an infant. My husband worked long military hours, and far from friends and family, I felt isolated and depressed. It would have been easy and natural to direct my frustrations, anger and fear towards him.

A neighbor invited me to MOPS and said it would be a great place to connect with other moms in the same stage of life and make some new friends. At my first MOPS meeting, we discussed topics of interest to me as a young mom, I met accepting and supportive women who liked me just as I was, and my son was held by loving caregivers who wanted nothing more than to give me a few hours of peace and rest. But most importantly, I found the emotional, physical and spiritual help I needed.

I felt like I belonged in a way I had not felt in a long time — and from that point on, I was hooked! We've moved many times since then, but coast to coast, MOPS has always been there, offering me the same sense of belonging and emotional, physical and spiritual hope I found at my first MOPS meeting. The friendships I made at MOPS gave me the help I needed though the birth of three more children, five deployments and endless life struggles. The women I met in my MOPS groups were the positive influence I needed when mothering, marriage and military life got rough. Without those friendships to depend on, I'm not sure I could have made it through it all.

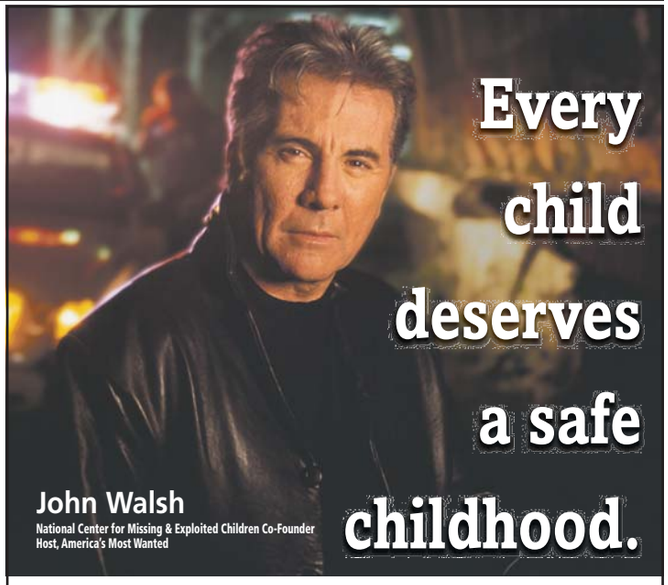
MOPS also gave me the opportunity to develop leadership skills that now, as a MOPS leader, I use to help a new generation of MOPS moms. As the years go by, the MOPS leadership opportunities and scope of responsibility increase, but the end goal of giving young moms the hope they need remains the same.

As MOPS was — and continues to be — a lifeline to me, I want to extend that helping hand to as many other military moms as I can. Most recently, this led to helping launch a new military MOPS group at Fort Belvoir and a second group just one year later. There is nothing more gratifying as a MOPS leader than seeing a woman's outlook on her marriage, her children, her military life and her future change as a direct result of the hope and support she receives in MOPS. In this time of increased deployment tempo, financial hardship, and negative cultural influences, it is now truer than ever: Change a mom's life and it changes the lives of her children, her husband and her community. MOPS not only saved my marriage, but it has made me the mother, woman and leader God wants me to be. More information is available at www.MOPS.org.

Andrew and Stacey Morgan with their four children: Daniel, Amelia, Gabriella and Sophia.

Photo courtesy of Stacey Morgan
Advertorial content provided by Mothers of Pre-Schoolers

HOPE ALONE
CAN'T GET US TO THE CURE
YOU CAN
#48891
Write this number down to select **The Lupus Research Institute** for your CFC deduction.
CFC
Lupus Research Institute



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®
We're committed to making sure they get one.
CFC# 11822
Visit www.missingkids.com to learn more about how you can help keep kids safer.

Support Your Passion Through Payroll Deduction

Christian Service Charities

Following the Great Commission

Christian Service Charities represents leading ministries who are transforming the world by following the Great Commission.

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.
- Revelation 2:19

CFC #10171
Christian Service Charities
(888) 728-2762
www.christianservicecharities.org

12037
American Family Association
www.afa.net

12039
Awana International
www.awana.org

10527
Baptist World Alliance
www.bwanet.org

10982
Bible League International
www.bibleleague.org

12137
Biblica (Formerly International Bible Society)
www.biblica.com

11727
Billy Graham Evangelistic Association
www.billygraham.org

10528
Cadence International
www.cadance.org

10938
Care Net
www.care-net.org

11729
Children's HopeChest
www.hopechest.org

11730
Children's Hunger Relief Fund
www.chrf.org

12136
Christian Blind Mission
www.cbmus.org

10534
Focus on the Family
www.focusonthefamily.com

11732
Food for the Hungry
www.fh.org

45107
InFaith
www.infaith.org

94744
Mercy Ships
www.mercyships.org

10989
Mission Aviation Fellowship
www.maf.org

11087
Navigators
www.navmilitary.org

10530
Operation Blessing International
www.ob.org

45689
Strength for Service of God and Country
www.gcumm.org

10993
Voice of the Martyrs
www.persecution.com

11273
Warm Blankets Orphan Care International
www.warmblankets.org

11117
World Vision
www.worldvision.org

Donated Dollars Travel Abroad, Helping Syrian Refugees

The 17-month-old conflict in Syria has forced more than one and a half million people to flee their homes to refugee camps in Lebanon, Jordan and surrounding countries. On average around 2,000 Syrians arrive each day in the camps and are in dire need of humanitarian assistance.

Civilians like 8-year-old Mohammad and his family are escaping an escalating military campaign by President Bashar al-Assad's forces. They gather in temporary camps where authorities and aid agencies work around the clock to provide basic shelter, food and a safe place for children to play and learn.

"My family decided to leave our village when the buildings next to our house were bombed," says Mohammad, who now spends his days in a child friendly space in the Matcha Hammoud camp in North Lebanon. "We drove away that morning, and I could see people running behind us, trying to get away from the danger."

The aid agency helping Mohammad and his family is supported by the Combined Federal Campaign of the National Capital Area (CFCNCA). This organization has opened safe places for children to play and is working with schools and teachers to help children who have been through harrowing experiences. Thanks in part to funds generated through the CFCNCA, this agency is the leading independent organization working to impact positive change for children in need.

"Before we came to this camp, I used to hear the shooting and feel so scared," says Mohammad. "I saw a lot of wounded people in the streets. Now I am continuing my schooling. When I grow up, I want to become a doctor to save people."

"Donations from the CFC are critical in situations such as this. Being able to assist...is something that motivates every staff member here."

Aid agencies are trying to beef up relief operations where needs have grown exponentially in recent weeks due to an escalation in fighting. United Nations predictions of 200,000 refugees by the end of the year have already been met, but the aid effort of the humanitarian community to meet their needs in the region remains chronically underfunded, with only 33% of what is needed, according to the CFCNCA-funded organization.

"There is a danger that those displaced within Syria are being forgotten or overlooked. The violence and extreme restrictions on humanitarian access within Syria means hundreds of thousands of people are at risk, especially pregnant women, children and the elderly. They are cut off from essential services and may not have enough to eat or drink. We urgently need to get into Syria to be able to help them," said Mike Penrose, a director with the CFCNCA-funded organization.

Penrose explained that following the UN's decision not to renew the mandate of its supervision mission in Syria, aid agencies are urging the international community to pursue an agreement with Syrian authorities on securing humanitarian access to the country.

"Donations from the CFC are critical in situations such as this," said Penrose. "The UN reports are grim and being able to assist those most at risk — children, women and the elderly … is something that motivates every staff member here. Providing hope and ensuring that basic needs are met is our top goal."

Content provided by the Combined Federal Campaign of the National Capital Area

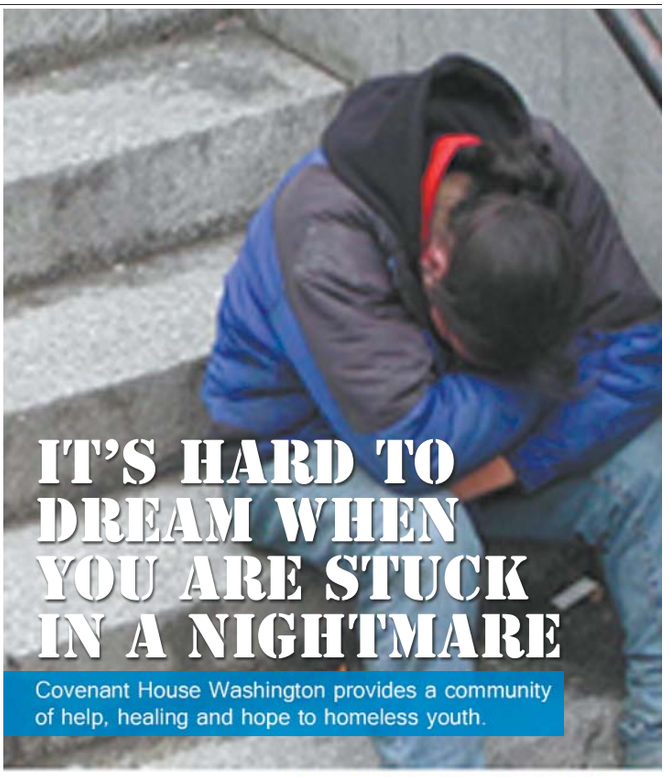
GIVE HOPE.

JOIN THE SALVATION ARMY IN GIVING HOPE TO THOSE IN NEED AROUND THE WORLD.

DESIGNATE CFC #12084

THE SALVATION ARMY

SAWSO The Salvation Army World Service Office



United Way 8865

CFC 65964

Opening Doors For Homeless Youth

Visit our website to learn more

www.covenanthousedc.org

Covenant House Washington

Beyond a Crisis: How Catholic Charities Addresses Deeper Issues for Families

When Esther lost her job, her life became a juggling act. Fortunately, Esther was a good juggler. A single mom with four children, she had always kept a careful eye on her family's budget; and for a while, she managed to stretch her unemployment check to meet their immediate needs.

Then she got a cut-off notice from her electric company.

"I was strapped," Esther said. "I had to make choices at that time of what to pay and what could wait." She started looking for help and was referred to Catholic Charities of the Archdiocese of Washington's Montgomery County Family Center (MCFC), which provides families with a whole range of help, including emergency financial assistance.

"There's a big change in who we see needing help," said Nhora Rosero, Family Support Specialist at the MCFC. "It used to be people with no education, people with no employment training. Now, it's families who for some reason have fallen on a hard time and are struggling to get out of it."

But providing financial aid isn't enough — people who suddenly find themselves in a tight budget spot also need tools to help them recover and avoid similar problems in the future. Underlying issues often need to be addressed. So staff at the MCFC enlisted the help of volunteers to begin "Money Matters," a class funded by the Neighbors In Need Montgomery Fund housed at The Community Foundation.

Esther survived a financial crisis with the help of Catholic Charities.

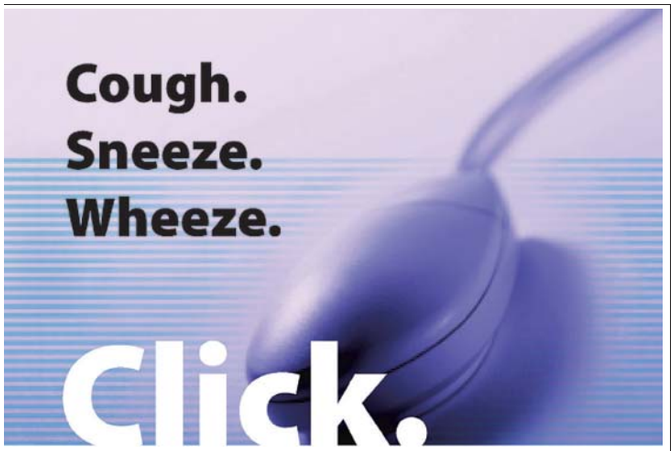
Photo courtesy of Catholic Charities of the Archdiocese of Washington's The Open Door Blog
Advertorial content provided by Catholic Charities of the Archdiocese of Washington.

For Esther, the class offered a lot of practical advice. "I learned to pay myself first," she said. "In other words, instead of only tucking away what I have left at the end of the month, I put a certain amount in savings right at the start. This way I know there will always be something there on another rainy day."

She also learned how to budget for little things as well as big things. "Travel expenses were costing me a ton," she said. "Now I make one trip to the store a week. I plan my family's meals ahead. And I wait until I have a few errands before I go into town, to help save on gas or bus fare."

Thanks to the class, Esther has set up a budget she can manage, and a savings account she can fall back on, as she continues her search for employment. "Once Catholic Charities helped me out of that crisis, it was a fresh start for me and my family."

Catholic Charities serves more than 100,000 children and adults locally each year, providing help when it's needed most. More information is available at www.catholiccharitiesdc.org.



For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit www.aafa.org today to get free information about research, prevention and treatment. "Thank you for your contribution to the Asthma and Allergy Foundation of America through the Combined Federal Campaign. Your generosity enables us to provide research, educational programs, and practical information to the millions of people who have asthma and allergies. Through our national network of chapters and educational support groups, the Asthma and Allergy Foundation of America works to improve the quality of life for people who live with these chronic conditions. Your support helps us touch lives and offer hope."

aafa Asthma and Allergy Foundation of America

CFC #10583
for life without limits™

When we needed help, Catholic Charities was there.

"Hi, I'm Dever, and this is my Mom. Last year, we packed up our home. Mommy's company let her go, and we thought we were going to be homeless. But Catholic Charities helped us catch up on rent and helped Mommy find a new job. Now we're doing much better!"

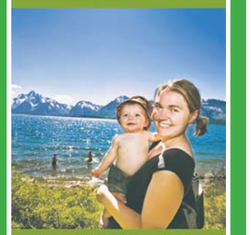
Designate Catholic Charities for your workplace giving.

Catholic Charities
Archdiocese of Washington
Opening doors to help and hope.

(202) 772-4394
924 G Street, NW
Washington, DC 20001
www.CatholicCharitiesDC.org

United Way #8054 Combined Federal Campaign #83997

NATIONAL PARKS CONSERVATION ASSOCIATION
CFC # 12069



Protecting our national parks for future generations.

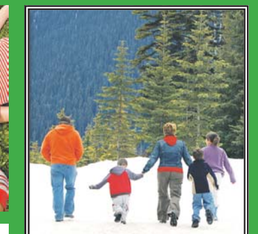
npca.org

sca
student conservation association
thesca.org
#11343

CFC #10624
www.defenders.org

CFC #12072
WWF
Help WWF Protect the Future of Nature
worldwildlife.org

We protect your favorite places before they become just a memory
THE CONSERVATION FUND
www.conservationfund.org
CFC# 10630



Working together for the future of America's National Forests
NATIONAL FOREST FOUNDATION
#12053
www.nationalforests.org

Helping people help nature.
CFC # 11432
EcoLogic
www.ecologic.org

EarthShare®
CFC #10252

Your donation through EarthShare in your workplace charitable giving campaign provides America's most respected environmental and conservation charities with the support they need to protect **public health** and our **air**, **land**, **water**, and **wildlife**. Please give to these and other EarthShare charities listed in your campaign.

One environment.
One simple way to care for it.®

Learn more: **Visit EarthShare.org/CFC.html**

CFC®
Combined Federal Campaign
Approved Charity

ENVIRONMENTAL LAW • INSTITUTE®
CFC #10629
www.eli.org

WORLD RESOURCES INSTITUTE
CFC #96456
www.wri.org

CFC# 10643
NATURE.ORG

EarthShare is…

African Wildlife Foundation	11219
Alaska Conservation Foundation	12062
Amazon Conservation Team	10410
American Farmland Trust	10631
American Forests	10632
American Rivers	12063
American Solar Energy Society	10414
Arbor Day Foundation	11443
Bat Conservation International	12064
Beyond Pesticides	11429
Carbonfund.org Foundation	62681
Center for Health, Environment and Justice	10633
Clean Water Fund	10636
The Conservation Fund	10630
Conservation International	11430
Defenders of Wildlife	10624
Earth Day Network	10625
Earth Island Institute	12065
EARTH University Foundation	85775
Earthjustice	11090
Earthworks	41290
EcoHealth Alliance	11352
EcoLogic Development Fund	11432
Environment America Research & Policy Center	65905
Environmental and Energy Study Institute	10627
Environmental Defense Fund	10628
Environmental Law Alliance Worldwide	11433
Environmental Law Institute	10629
Food & Water Watch	17460
Forest Service Employees for Environmental Ethics	12066
Friends of the Earth	12067
Friends of the National Zoo	11434
Galapagos Conservancy, Inc.	10961
Green America	10059
Green Corps, Inc	11342
Institute for Transportation & Development Policy	10723
Izaak Walton League of America	10620
The Jane Goodall Institute	11103
Keep America Beautiful	10278
Land Trust Alliance	11435
League of Conservation Voters Education Fund	10621
Leave No Trace Center for Outdoor Ethics	10423
National Aquarium	11251
National Audubon Society	12068
National Environmental Education Foundation	11792
National Fish and Wildlife Foundation	10267
National Forest Foundation	12053
National Parks Conservation Association	12069
National Wildlife Federation	10622
Natural Resources Defense Council	10623
The Nature Conservancy	10643
Ocean Conservancy	11436
Oceana	10051
The Peregrine Fund	10639
Pesticide Action Network North America	11437
Physicians For Social Responsibility	10640
Rails-to-Trails Conservancy	10641
Rainforest Alliance	11353
Restore America's Estuaries	12070
River Network	10407
Rocky Mountain Institute	11438
Scenic America	11439
SeaWeb	11796
The Sierra Club Foundation	12071
The Student Conservation Association	11343
Surfrider Foundation	10642
Sustainable Harvest International	11000
The Trust for Public Land	11440
Union of Concerned Scientists	10637
The WILD Foundation	10406
The Wilderness Society	10638
Wildlife Conservation Society	10898
World Resources Institute	96456
World Wildlife Fund	12072
Xerces Society	18360

NATIONAL WILDLIFE FEDERATION
CFC #10622

CFC# 11436
www.oceanconservancy.org

Audubon
Combined Federal Campagain # 12068
www.audubon.org

THE WILDERNESS SOCIETY

Saving America's wild places for future generations.
CFC #10638
www.wilderness.org

Bats need your support

Contribute through CFC Number 12064

batcon.org
BAT CONSERVATION INTERNATIONAL

A better environment...it's all in a day's work!

www.EarthShare.org

Historic Cherry Trees Planted to Honor the 5 Branches of the U.S. Armed Forces and the Centennial Anniversary of Japan's Gift of Friendship

With the obelisk of the Washington Monument in plain sight across the Potomac River, it was a perfect April day for celebrating a longtime friendship between two proud nations. At the heart of the scene were newly planted cherry trees — a herald of spring, a powerful symbol of the enduring friendship between the people of Japan and the United States, and some of the most recognized and celebrated trees in America.

"If you were to close your eyes and think of a place to plant a grove of Japanese cherry trees, this would be it," said retired U.S. Army Col. George Newman. "The trees will one day be as high as 50 feet and have a reach of about 40 feet. They will be amazing to look at for everyone walking along the Potomac here at Joint Base Anacostia-Bolling (JBAB)."

Col. Newman is a member of the U.S. Military Japan Alumni Association, formed in spring 2010 to assist U.S. service members and their Japanese counterparts in renewing and sustaining friendships, sharing fond memories of Japan and staying informed about the latest news and information between the two countries. The celebration marked the 100-year anniversary of the original gift of cherry trees from the people of Tokyo to the city of Washington. EarthShare member organization American Forests supplied five of its historic Yoshino cherry trees — one for each of the branches of the U.S. Armed Forces and their Japan-Self Defense Force counterparts — which were planted on the banks of the Washington Channel.

"Planting trees is a lovely way to pay it forward," said Lea Sloan of American Forests. "Many future generations will now enjoy a beautiful grove of blossoms in the spring and a shady place to visit in summer and fall — and be reminded of the important bond for which the trees stand."

Ambassador Fujisaki and Colonel Newman plant a Yoshino Cherry tree from American Forests.

American Forests restores and protects urban and rural forests. Founded in 1875, the oldest national nonprofit conservation organization in the country has served as a catalyst for many of the most important milestones in the conservation movement, including the founding of the U.S. Forest Service. Their work is made possible through support of the Combined Federal Campaign.

Retired Air Force Gen. Richard Myers pointed out that when anyone comes to visit Washington, D.C., particularly during the spring season, it's all about the Japanese cherry blossoms.

"These trees are a symbol of the bond between the U.S. and Japan," Myers said.

"The people of Japan will never forget the U.S. standing with us during our most difficult moments in history," said Ichiro Fujisaki, Japan's Ambassador to the United States. "This is a great event and I sure hope to come back one day and see how the trees are doing."

Photo courtesy of Peter Hutchins, American Forests
Advertorial content provided by EarthShare

For nearly a century, City of Hope has been a model for scientific discovery and compassionate care for those facing cancer, diabetes and other life-threatening diseases. Among many breakthroughs, City of Hope's research has led to some of the most widely used cancer drugs and synthetic insulin used by millions with diabetes.

Help us continue our lifesaving work.

Please choose **CFC Code #11720**

City of Hope™

www.cityofhope.org

THE BAY YOU LOVE IS IN TROUBLE.

Photo credit: Andrea Morell/CBF Staff

Join us in our efforts to fight pollution and save the Bay and its rivers and streams for current and future generations.

Visit us online at cbf.org or call 888/SAVEBAY for more information.

CFC #11325

CHESAPEAKE BAY FOUNDATION
Saving a National Treasure

CFCNCA Donations Help Pair Students with Mentors

This year, Austin is making the grade as an honor roll student and has already completed pre-calculus as a high school sophomore. These successes have come after Austin's CFCNCA-funded charity paired him with his mentor, Phillip.

When the two aren't battling it out on the tennis court, they're preparing Austin for college and his future. Phillip has been mentoring Austin since 2006. Austin, a child of a single parent home, signed up for the program with his mother to become more involved with school and sports and to have a strong male role model in his life.

"Before I met Phillip, I had very little confidence," said Austin. "I was very insecure and very discouraged about what I was going to do in the world and who I was going to be. I feel that I can, with Phillip's help, hope to become a stronger influence in the world and become a better person than I would have been prior to meeting him."

Phillip says his role in Austin's life is to be a voice, a friend and a mentor, and to be there in any capacity that he needs, whether it's helping with homework, trying to figure out how to get into college, playing tennis, giving him sound advice. "Anything he needs from me, I'm there," he says.

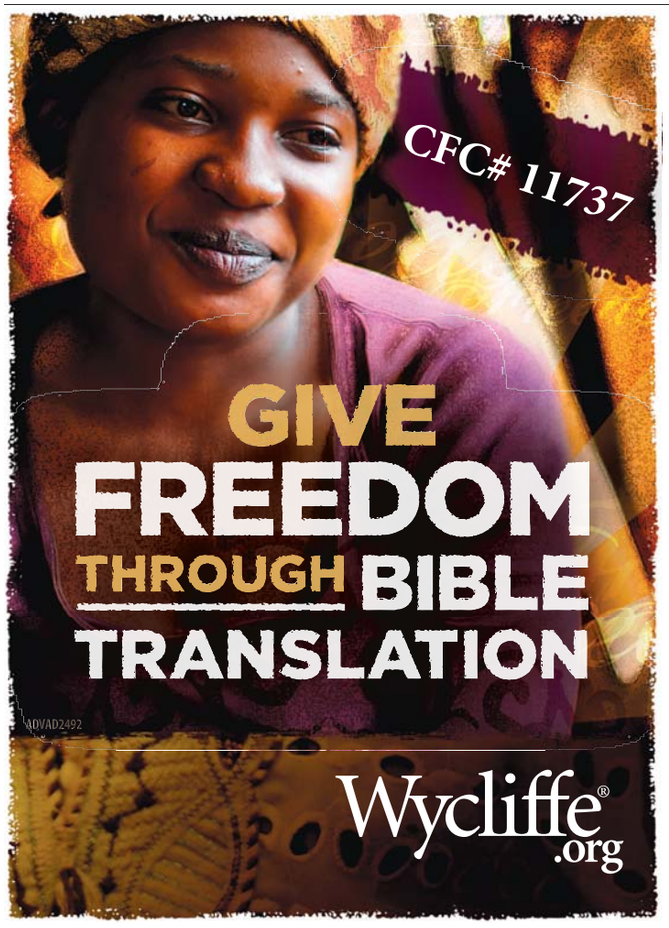
Prior to meeting Phillip, Austin claims he mostly spent time alone. Through their mentor-mentee relationship, Austin feels secure about his future and has taken several AP courses to prepare for college. He's also become more involved with sports, school clubs, and even spent the summer volunteering at a local hospital.

Having started this program as a college undergraduate, Phillip is proud his mentee is preparing to become a mentor himself. The pair encourages Federal employees, especially younger workers, to donate what they can to the Combined Federal Campaign of the National Capital Area.

"As young Federal employees, you guys have the tools and new knowledge to steer the world into greatness. You're carrying the torch, so it's your job to really pass the torch to the next generation, and I think that if you start early, you're encouraging my generation. You're building a legacy of giving back to communities and really working to promote healthy, happy lives for people who may not have had many opportunities," said Austin. "You can see with our story that the CFCNCA helps create positive change in the world, and it's a wonderful thing!"

Young men and women find the support they need through mentoring programs made possible by CFCNCA-funded charities.

Photo courtesy of Blue Sky Films
Content provided by the Combined Federal Campaign of the National Capital Area



Bread for the City™
helping people
medical care · legal services
social services · food · clothing

Choose Bread for the City for your United Way or CFC Giving.

PROUD MEMBER OF
United Way
United Way of the National Capital Area
#8219

CFC® Combined Federal Campaign
#61733

donate.breadforthecity.org

Gulf Coast Communities Thrive with Support of Federal Employees

For generations, Brenda Dardar Robichaux and her family have lived along the bayous of southeast Louisiana. They depend on fish, crabs, shrimp and oysters from the Gulf of Mexico to earn a living. They have deep ties to the homeland of the United Houma Nation, a 17,000-member Native American tribe that Robichaux, a former chief, led for 13 years.

But man-made and natural hazards threaten the Houmas and other Gulf Coast communities. Environmental disruption linked to the construction of flood-control levees, the practice of dredging shipping lanes on the Mississippi River and oil and gas drilling, have changed the landscape and weakened the natural systems that buffered Gulf Coast communities from severe weather.

"Our tribal communities along the bayous used to look out the back doors of their homes and see land, but now they see only water," says Robichaux, who lives in Lafourche Parish. "When hurricanes come into the Gulf, there are no natural barriers to slow them down and protect our communities."

Robichaux recalls how a string of hurricanes — including Katrina and Rita in 2005 — flooded homes and businesses, battered fishing boats, disrupted shrimp reefs and oyster beds and destroyed entire towns. In 2010, the Deepwater Horizon oil spill contaminated areas of the Gulf Coast with crude oil and chemical dispersants.

"We've lost 2,300 square miles of wetlands, an area the size of Delaware, since the 1930s. This has undermined the traditional fishing culture of rural communities," says Paul H., director of a CFCNCA-funded charity. "By managing the river system differently, we can reconnect it to the wetlands and restart the land-building process while still maintaining energy production, shipping, and fishing. The challenge is adapting to a new way of doing business in a self-sustaining manner."

"The challenge is adapting to a new way of doing business in a self-sustaining manner."

With the help of funds generated by the Combined Federal Campaign of the National Capital Area, Paul's charity is working to strengthen the natural environment along the Gulf coastline and the economy of Delta communities by redesigning the Mississippi River diversion and navigation systems, as well as community infrastructure. The goal is to promote revitalization and resiliency of the landscape and the communities that reside there.

"Without the help of our CFCNCA-funded charity, we would not have seen the construction of 'lift houses,' which are flood- and hurricane-resistant, and the reconnecting of our wetlands and land building," Robichaux says. She is grateful for the work the charity has been able to do, but encourages Federal workers to continue to give, as there is still so much work to be done.

Content provided by the Combined Federal Campaign of the National Capital Area

Prevention Starts Here.

BREAST CANCER FUND

Your gift to the Breast Cancer Fund will help protect our bodies and our environment from toxic chemicals linked to breast cancer. Together we can stop this disease before it starts.

www.breastcancerfund.org

BEST IN AMERICA CERTIFIED BY INDEPENDENT CHARITIES OF AMERICA

CFC #10616

SHARING GOD'S
Healing Love
WITH MILITARY HEROES AND THEIR SPOUSES

Operation Heal Our Patriots™ focuses on bringing spiritual refreshment, physical renewal, and marriage enrichment to wounded and injured U.S. military service members and their spouses. And it's done at no cost to our heroes.

Join Samaritan's Purse in serving those who serve us. Help support a military couple through Operation Heal Our Patriots™.

CFC #10532

Samaritan's Purse® INTERNATIONAL RELIEF

Visit **www.samaritanspurse.org/patriots** for more information.

Franklin Graham, President | P.O. Box 3000 | Boone, NC 28607
samaritanspurse.org | © 2012 Samaritan's Purse
facebook.com/samaritanspurse | twitter.com/samaritanspurse

Cathy Oliver Serves the CFCNCA as a Loaned Executive

"I first decided to volunteer in the 2010 campaign because I thought it would really be an opportunity to develop both professionally and personally," says Cathy Oliver, of the U.S. Department of Labor, Occupational Safety & Health Administration. "I direct national programs for the Occupational Safety and Health Administration, and I've seen how a program is implemented at the agency level. But I felt that working as a Combined Federal Campaign of the Naitonal Capital Area Loaned Executive would give me an opportunity to see how a program is implemented government-wide."

Oliver served as a campaign worker in two consecutive campaigns and always encourages others to do their part by supporting people in need.

Photo courtesy of Mike Morgan
Content provided by the Combined Federal Campaign of the National Capital Area

Oliver served as a campaign worker in two consecutive campaigns. The Combined Federal Campaign (CFC) has given her the opportunity to meet new and interesting people from all over the government, as well as the chance to broaden her skill base. Ultimately, her reason for joining was to meet committed individuals who serve others across the Federal workforce.

"I've worked with a woman, a grandmother, who, because of certain circumstances, had to take in her grandchildren as well as her elderly father," Oliver said. "She's caring for the entire family. I know she's getting some support from the CFC to come in a few hours a week to help with things. That allows her to keep her job in the Federal government and support her family."

To Oliver, "the campaign has meant a real change in the prism through which I view daily life. I used to be able to walk by someone who had a need and see him or her from the 10,000-foot level. But now, I see that need directly." And if it's not something she can help with, Oliver has a database of local charities that can meet those different needs.

"I have a much better understanding of the kinds of services that are available, and I'm able to assist in that way even if it's just to give somebody a phone number to support them," she said. "It's given me an opportunity to really help more people."

The most inspiring moments Oliver had during her time with the campaign were when she met individuals who had started with a vision and took it full scale. For example, there was a woman who had a friend who came back from Afghanistan with three lost limbs. While assisting her friend, she met many of his fellow veterans who were also in need of help. Though she started by helping just one individual, this woman went on to create a charity that helps hundreds of soldiers every year.

Oliver encourages everyone who has the chance to be a part of the CFCNCA to do so. "When you're given this opportunity, take action and enjoy the ride. You're really going to have an amazing experience."

OPERATION BLESSING INTERNATIONAL

In the fight against famine, YOU MAY BE THEIR ONLY HOPE

Help bring critical relief such as food, clean water, medicine, and hope—to hurting children and families.

Orphan Care | Clean Water | Disaster Relief
Medical Aid | Hunger Relief

CFC #10530

operationblessing.org

The Home School Foundation Helps Families Facing Unique Challenges

Military families with children often struggle as they move, live through separation and fight to maintain a sense of stability. Sometimes the only certain thing for these families is the uncertainty.

When Army Chaplain Jorge Torres was deployed to Iraq for 15 months, his wife Evelyn found juggling home duties, medical visits for their young children and moving every two years very trying. The family started home-schooling their children after their oldest son taught himself to read.

"It was wonderful to have the children home so that we didn't miss one of Daddy's calls while he was deployed to Afghanistan."

"Our life is so much better with home-schooling," she said, adding that homeschooling gives her family more freedom and stability.

Heather W., another military home-school mom, said that, ironically, it is when her husband is home that they struggle most financially. When he is deployed, they get hazardous duty and family separation pay, and many creditors will lower interest rates. But when he is home, all of those "benefits" disappear, and they sometimes struggle to simply put food on the table.

The Home School Foundation (HSF), a 501(c)(3) nonprofit dedicated to helping families home-school through hard times, recently launched its Military Fund to help struggling military families who choose to home-school. HSF has been a qualified Combined Federal Campaign (CFC) charity since 2001.

Home-schooling families where one or both parents are active, disabled or retired from any branch of the military are encouraged to apply. Curriculum scholarships are given based on financial need and availability of funds.

Karri C., a homeschooling mom in Virginia, has been an Army wife for 15 years and seen first-hand the difficulties of military life.

"It was wonderful to have the children home so that we didn't miss one of Daddy's calls while he was deployed to Afghanistan," she said. "When he was home for his two weeks' leave, we were able to spend each day with him, while other Army kids in traditional school missed seeing their dad or mom most of the school day. Each time we move, we need not look for the best school district or interrupt the children's education because homeschooling and the military are a great fit."

Organizations like the Home School Foundation help military families face their unique challenges by assisting with curricula relief, special needs materials and encouragement to stick with it.

"There's always uncertainty," said Mrs. Torres, "Is he coming home; when is he coming home?"

Chuck Hurst, Executive Director of the Home School Foundation, said, "The Home School Foundation can ease the burden for military families like these and for military wives like Karri and Evelyn. Our Military Fund is one way to serve military families who sacrifice so much to serve our country."

Advertorial content provided by Home School Foundation

We won't let war, violence or disaster stop us from saving lives.

With your help, we can save more lives.

Visit **www.doctorswithoutborders.org** or call **1-888-392-0392** | **CFC #11112**

Veterans of Foreign Wars Foundation

Providing support for urgently-needed programs and services, such as free phone connections to U.S. troops overseas and emergency financial assistance for military families—both nationally and in your community.

Please designate us in your state/local employee giving, United Way or the Combined Federal Campaign

Don't they deserve our support? Let's return the favor!

CFC Combined Federal Campaign CFC #10511

BEST IN AMERICA CERTIFIED BY INDEPENDENT CHARITIES OF AMERICA

www.vfwfoundation.org
(816) 968-1128

Northern Virginia Youth Gain Life-Changing Support Through Local Charity

John S., executive director of a CFCNCA-funded charity, gives hope every day to hundreds of kids and teens in the Northern Virginia area. John's charity supports a one-to-one mentoring program that pairs adult volunteers with children ages seven to sixteen. Pairing children with mentors based on a strategic alignment of likenesses — preferences, location, similar backgrounds — allows volunteers realistic opportunities to reach their mentees and improve their lives.

"My CFCNCA-funded charity works with children dealing with challenges like low self-esteem and a lack of support in the home," says John. "Some are abused, some have learning or social disabilities, and many come from single parent homes. The Combined Federal Campaign helps our charity identify and pair these children with mentors and positive role models."

Giving hope and creating positive goals for these children is the main focus of this CFC-funded charity. John has seen countless success stories in his five years with the mentorship program. In the D.C. area, it is a four-year commitment with the organization, and often, mentorship leads to a lifelong, life-changing relationship.

"As a mentor, it's about giving back to your community. It's about enabling our children to live happy, healthy lives, graduate from school and make the right decisions. I feel incredibly blessed to be a part of this CFCNCA-funded charity and thank all the Federal workers who donate their time and money. Your caring makes an incredible difference in the lives of these children," John smiles.

"It's about giving back to your community. It's about enabling our children to live happy, healthy lives, graduate ... and make the right decisions."

Content provided by the Combined Federal Campaign of the National Capital Area

Since 1982, Manna has been serving low and moderate-income families, by developing over 1,000 units of affordable homeownership housing and providing financial literacy and homeownership training. In 2003 Manna created Manna Mortgage, the District's only non-profit mortgage company providing safe, secure loans for lower-income buyers, and responsible refinance loans.

Please support Manna, Inc. through the CFC (#80363)

For more info on Manna and our programs please visit **www.mannadc.org**

Manna, Inc. 828 Evarts Street, NE Washington, DC 20018 202-832-1845

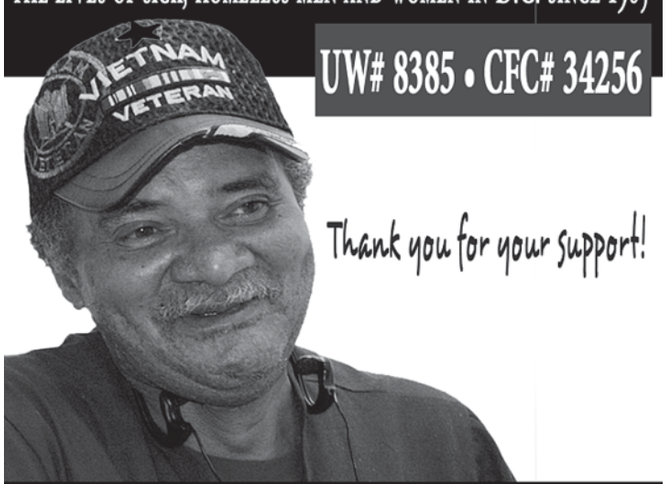
It is frightening enough to face serious disease or injury when you have a home to call your own ...

Where do you go when you are homeless?

CHRIST HOUSE

THE ONLY RESIDENTIAL MEDICAL FACILITY DEDICATED TO HEALING THE LIVES OF SICK, HOMELESS MEN AND WOMEN IN D.C. SINCE 1985

UW# 8385 • CFC# 34256



Thank you for your support!

1717 COLUMBIA ROAD, NW • WASHINGTON, DC 20009 • WWW.CHRISTHOUSE.ORG • (202) 328-1100

2012 MATCHING GRANT

ChildFund® International

Formerly named Christian Children's Fund

Give Hope to 141,000 Children Affected by HIV/AIDS in Kenya.

Help us raise $802,964.81 to continue providing:

- Better Health Care Programs
- Full Access to Education, Community Services & Training

Join other caring donors, and give today. Every dollar donated will be matched by $4.36 from the $3.5 million grant!

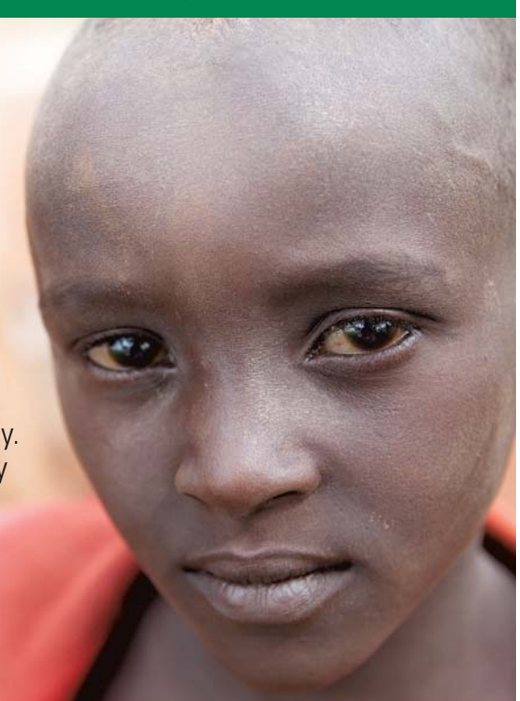


Photo by Jake Lyell

Join Us

www.ChildFund.org

CFC #11385

Wounded Soldiers Aided As They Return to Civilian Life

For every U.S. soldier killed in World Wars I and II, there were 1.7 soldiers wounded. During present-day operations, such as those in Iraq and Afghanistan, for every U.S. soldier killed, it's estimated that seven are wounded. The rise in those surviving severe wounds or injuries is due to advancements in battlefield medicine and body armor. Through contributions from the Combined Federal Campaign of the National Capital Area (CFCNCA), many wounded service men and women and their families are better able to pay for medical costs and transition back into civilian life.

Many CFCNCA-funded charities serve military service members who suffered service-connected wounds, injuries or illnesses. One such CFC-funded organization uses a holistic approach when serving warriors and their families, caring for both the mind and body, and promotes happy, healthy lifestyles through economic engagement and community support. Through its high-touch and interactive approach, this charity hopes to foster a successful, well-adjusted generation of wounded service members.

A remarkable success story from this CFCNCA-funded program is that of Justin Constantine. Wounded in Iraq in 2006, Justin was a Marine stationed in Habbaniyah when a life-altering event occurred.

"The corpsman on patrol saved my life. Without his rescue breathing and emergency tracheotomy, I would have died right there. The lance corporal rushed me through the war zone, risking his own life to get me to the aid station," Justin said.

He was immediately treated at field hospitals and afterward spent four days at Germany's Landstuhl Regional Medical Center, followed by nearly five weeks at Bethesda Naval Hospital in Maryland.

Throughout his recovery, he drew inspiration from Winston Churchill's quote: "Never, never, never, give up." According to Justin, he is about 75 percent recovered and now receives treatment at a local university hospital. Without support from the CFC-funded charity, Justin's recovery would have been greatly stunted.

Currently, he works for the FBI on a counter-terrorism team, serves on a Congressional task force for wounded warriors, and is in the process of applying for graduate school. Justin and his wife, Dahlia, also participate in many of the charity's events, including adaptive sports opportunities such as golfing and cycling events.

"The corpsman on patrol saved my life. Without his rescue breathing...I would have died right there. The lance corporal rushed me through the war zone, risking his own life to get me to the aid station."

Justin and his wife would strongly encourage Federal employees to give to the Combined Federal Campaign, as this charity has brought so much enrichment to their lives and the lives of their fellow military families.

Content provided by the Combined Federal Campaign of the National Capital Area

ONE Woman Can Change Anything. Many Women Can Change **EVERYTHING**.

YOU can help change women's lives by giving through the Combined Federal Campaign: CFC #11311.

WOMEN for WOMEN International

ONE IN FIVE CHILDREN IN AMERICA STRUGGLE WITH HUNGER.

Share Our Strength's No Kid Hungry® campaign (CFC #11158) connects our nation's children with the nutritious food they need to lead healthy, active lives. Donate today through the CFC and help us end childhood hunger in America.

Learn more at NoKidHungry.org.

CFC #11158

NO KID HUNGRY® SHARE OUR STRENGTH

With you on her side...

©2012 Children International

Hope is within reach.

Doesn't she deserve

- Medical and dental care
- A solid education
- Good nutrition
- Decent clothes and shoes that fit
- A chance for a better future

Provide life-changing support today — children.org

CHILDREN INTERNATIONAL®

A Global Impact Member Charity
CFC Code 12078

Learn how you can make a difference — children.org

Student Conservation Association Helps Young Vets Continue Their Service and Prepare for Their Futures

James Love enlisted in the Marines right out of high school, eleven years ago. By the time he reported for duty at the Marine Corps Recruit Depot in San Diego as assigned, on the morning of September 11, 2001, the world had already changed forever.

After eight years in uniform, including two tours of duty in Iraq, Sgt. Love is continuing his service to our country through the Student Conservation Association's (SCA) Veterans Fire Corps, an innovative career preparedness program that trains young military vets in wildfire fighting and mitigation. This program and many others like it are made possible with the support of federal and military employees through the Combined Federal Campaign (CFC) each year.

SCA, an EarthShare member organization, conducts the Veterans Fire Corps in partnership with the US Forest Service, employing protocols familiar to those in uniform to aid in the transition back to civilian life. Love says that for him, it's made all the difference in the world.

"I was interested in the Veterans Fire Corps because it was specifically geared toward recent era military veterans, meaning I would be working with fellow veterans that have had experiences and general customs similar to my own, unlike 95 percent of the young college kids I am surrounded by in school," he says.

Love's unit works the Kaibab National Forest outside Williams, Arizona. "I'm surprised by how serious everyone takes fire in northern Arizona," he observes. "It probably has to do with the fact that the city is literally surrounded by the forest." His crew alternates between preemptive prescribed burns and thinning operations.

Davon Goodwin earned a Purple Heart with the Army Reserve in Afghanistan before signing on with SCA. "I didn't think being a wild land firefighter was this physically demanding and stressful," says the 23-year-old Pittsburgh native. "But I like that we are still giving back to our country by restoring and improving the conditions in our nation's forests."

In addition to their work with SCA, both Love and Goodwin are pursuing their college degrees and agree that their experiences at Kaibab are invaluable. "I am not only fulfilling my internship requirements for college," says Love, "but I'm providing a service to the environment and giving back to the local community." Adds Goodwin, "As a biology and botany major, this work can really tell you a lot about the current ecosystem. My career goals are to become an agronomist and help to make agriculture sustainable for the world."

Other corps members note that if they are able to mount a career with a federal resource management agency, their time in uniform will count toward their government pension. "'All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence,'" says Goodwin, quoting Dr. Martin Luther King, Jr. "I have served my country in war and this program gives me the ability to serve my country in a whole new way."

The Student Conservation Association helps tomorrow's conservation leaders take action for the planet by providing high school and college students with hands-on conservation experiences in all 50 states, from urban communities to national parks and forests. Since 1957, SCA has developed new generations of conservation leaders, provided America's youth with green job training and skill building, restored community green spaces,

Advertorial content provided by Student Conservation Association

YOU CAN COUNT ON express

Federal workers who read Express are 54% more likely to give charitably.

They are more likely to give to charitable organizations of almost every stripe. And since more than 1 in 5 Express readers are employed by the federal government, shouldn't you make your CFC appeal in Express?

This CFC season, reach those who give.

To place your ad, contact:

Peter Sande | 202-334-4385
sandejp@washpost.com

72% more likely to give to environmental organizations
79% more likely to contribute to arts and cultural organizations
78% more likely to give to healthcare/medical organizations
31% more likely to contribute to social care/welfare organizations

Average issue. Compared to all Washington metro adults. Source: Scarborough 2012, Release 1

XX520 3x5.25

WE ARE ALL ONE COMMUNITY
Learn what you can do: aidforafrica.org
Aid for Africa℠
CFC# 11069

Share Your Stories

Combined Federal Campaign of the National Capital Area
Hope

Have you ever wanted to share your story with the CFCNCA? This year, the campaign would like to hear from you — to get your photos, success stories and anecdotes about your personal experiences with the campaign. Whether you post pictures from an exciting fundraiser or tell us how you've been affected by a CFCNCA-funded charity, consider sharing what you can with others around the Washington metro area.

"Like" the CFCNCA on Facebook and start sharing today!

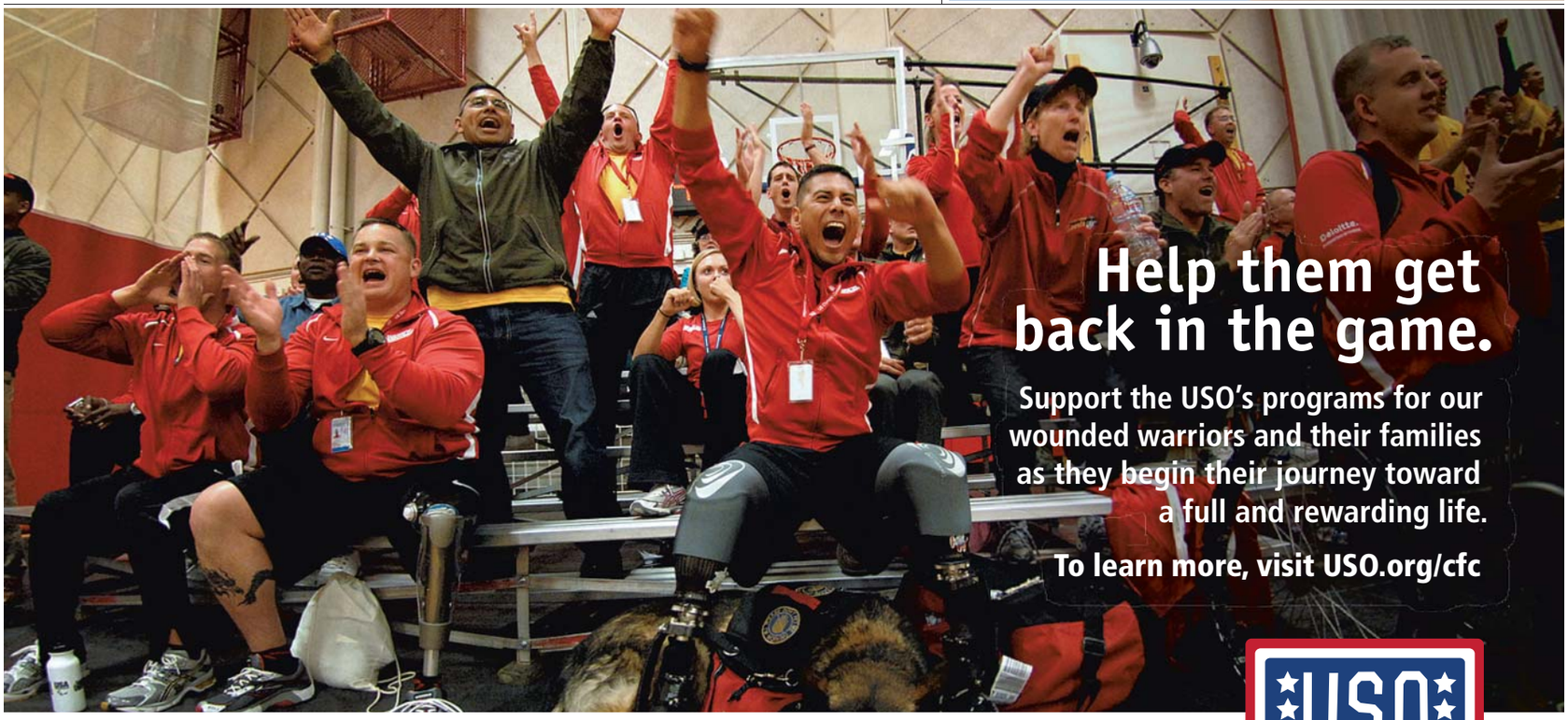
www.facebook.com/cfcnca

INTERNATIONAL PARTNERSHIP FOR MICROBICIDES

Creating new HIV prevention products for women in developing countries.

To learn more and support our work, visit **www.IPMglobal.org**

CFC # 81349



Help them get back in the game.

Support the USO's programs for our wounded warriors and their families as they begin their journey toward a full and rewarding life.

To learn more, visit USO.org/cfc

USO

uso.org/cfc

CFC #11381

United Way
United Way of the National Capital Area
WWW.UNITEDWAYNCA.ORG/CFC
31408

EVERYDAY HEROES
COME IN EVERY SIZE, SHAPE AND
FEDERAL PAY SCHEDULE.

Please give to United Way of the National Capital Area via CFC code 31408, or donate directly to one of its member charities. And come to the rescue of those in need with every paycheck.

UNITED WAY

CFC Combined Federal Campaign Approved Charity

Just a few of over 700 charities supported by United Way of the National Capital Area.

THE KOINONIA FOUNDATION INC.
19446

Big Brothers Big Sisters
16329

Quality Trust for Individuals with Disabilities
33317

WIT EDUCATION FOUNDATION
92190

St. Ann's Infant & Maternity Home
A Tradition of Caring
29344

CHARACTER EDUCATION PARTNERSHIP CEP
Leading a National Call to Character
36909

Southeast Ministry
95794

fit

Guinea Pig | Sound Decision

Think personal training is a splurge? Don't be stunned by the price of Bose's SIE2i sport headphones ($150, Bose.com). That cost covers an armband, crisp sound quality and rugged StayHear tips — in S, M and L to fit any size ear — which stayed in place even when slick with sweat. An inline mic/remote is compatible with iPhone (except the 5), so you can chat on the run. Forgo that feature with Bose's SIE2 ($120) to save cash.

GOLD'S GYM

See your weekly Gold's Gym Trainer Tip on the next page.

A Race to the Starting Line

Although runners can train for an event, they can't always take the train to it

The Golden Knights — members of the U.S. Army Parachute Team — have figured out the ideal way to get to the starting line of the Army Ten-Miler. They jump.

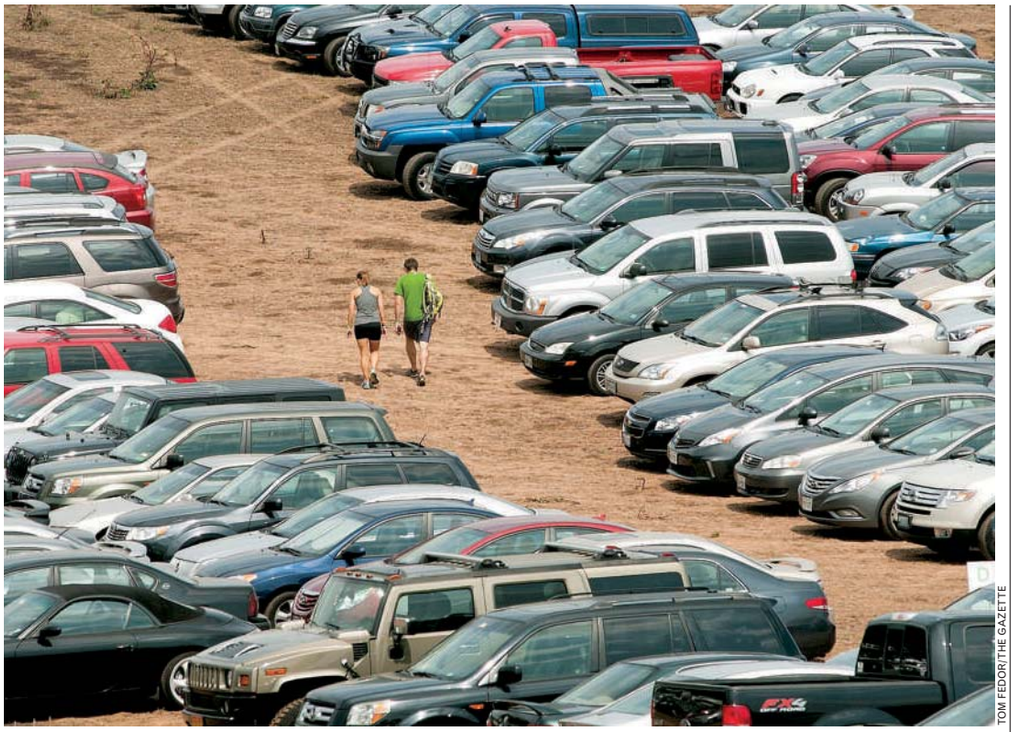
"One or two of them will take off their uniforms, put on running gear and go for it," says race director Jim Vandak, who's always happy to accommodate the parachutists. But arrival by air won't work for all 30,000 participants in the Oct. 21 event. "I don't think the FAA would appreciate that," he says.

Like many races in the Washington area, the Army Ten-Miler depends on Metro to get runners in place and on time. The Marine Corps Marathon's transportation plan? "Metro, Metro, Metro," says spokeswoman Tami Faram.

But trains will take you only so far, and as races tackle new territory, organizers have to find other ways to stay on course.

Sometimes, they've failed spectacularly, as in the case of the Hot Chocolate 15K/5K last December. When 20,000 runners tried to descend on National Harbor — nowhere near a Metro stop — their cars clogged the Beltway, forcing the event to be delayed by an hour and leaving a lot of angry people in the cold.

The angry mob was at least warmer last month at the Tough Mudder in Frederick, Md. Traffic got so bad on the way to the mud run that people abandoned their cars on the highway, and many of those who did manage to park in the proper field wound up having to push their vehicles out of the muck to escape. The planned two-day event never got to the second day.



TOM FEDOR/THE GAZETTE

Traffic to the September Tough Mudder in Frederick, Md., was awful. It was just as hard to leave when cars got stuck in the mud.

Disasters like these teach plenty of lessons to race directors. Andy Liverman, co-founder of Rogue Runner, a mud run with obstacles that's launching just outside Warrenton, Va., this Saturday, has been taking notes on traffic problems. Just a few weeks after the Tough Mudder debacle, there were similar issues at the Warrior Dash race near Richmond.

"It's a new industry, and everyone's figuring stuff out," says Liverman, who explains it's tricky to find sites remote enough to hold messy obstacles and accommodate the crowds they attract. "But we're thinking about the whole day, from when they get in their car to when they get home."

That means two parking lots — one for folks with four-wheel drive and one for folks without — and two feeder roads to avoid backups.

Transportation is also on the minds of the organizers behind the Anything Is Possible 5K in Bethesda on Nov. 4. The point of the event, which debuted last year, is to start at 1:50 a.m., right before the clock falls back an hour, so you wind up with a negative time. One added benefit of being such an early morning race is that the Metro is still running for a while. So it's also possible for runners to enjoy the finish-line festivities and still head home via train in their pajama pants.

Race director Bob Fleshner hasn't seen a need for a bus so far, but that could change as the allotted number of parking spaces fill up.

"The last thing I need is people showing up at 2 a.m. and not being able to park," Fleshner says.

Because parking is frequently a pain at races, carpooling — which has become easier to organize through social media — and biking are both increasingly common, says Kathy Dalby, who manages Pacers Events.

> **"We're thinking about the whole day, from when they get in their car to when they get home."**
>
> — **ANDY LIVERMAN,** CO-FOUNDER OF ROGUE RUNNER, A MUD RUN WITH OBSTACLES LAUNCHING THIS MONTH

And at early morning races, the taxis dropping off and picking up runners are getting joined by black cars from Uber, which uses a smartphone app to arrange rides.

"You don't have to worry about cash because it's all charged through the account on file," says Alex Priest, Uber D.C. community manager. Plus, Uber cars are usually stocked with water bottles, a nice pre- or post-run amenity.

None of those options, however, appeals to 47-year-old Eve Mills of Bethesda, who prefers to use her own two feet in order to log even more mileage.

"The longer, the better," Mills says.

So how will she be getting to the Marine Corps Marathon on Oct. 28? By running five miles from her house. That's one way to beat traffic. VICKY HALLETT (EXPRESS)

Getting Home

Run Shuttle

Some races have mere buses. The Army Ten-Miler is announcing the launch Sunday of "Express Shuttle: FREE. FAST. DIRECT." To get folks from the finish line back to the Metro — a mile away — as quickly as possible, race director Jim Vandak is trying to make sure runners get on board by using easily recognizable trolleys and offering the first 15,000 riders a free logo hat. "You can look hooah," promises Vandak, using a bit of Army slang. And, most importantly, you can get home. V.H.

Meet The Trainer

Robin Hersh

Certified Personal Trainer
Ballston Gold's Gym

Robin grew up in Arlington with a lifelong interest in sports and fitness. After receiving a Bachelor's degree in Music and Economics from the University of Virginia, she transferred her competitive spirit from team sports into general fitness and individual endurance sports including triathlons and running races. As a personal trainer, she promises her clients that if they commit to a challenging program and find the dedication to work hard, they will see huge results.

Certifications:
American Council on Exercise Certified Personal Trainer; Aerobics and Fitness Association of America Group Fitness Instructor; Les Mills Bodypump and RPM Instructor. CPR & AED

To schedule an appointment with Robin or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

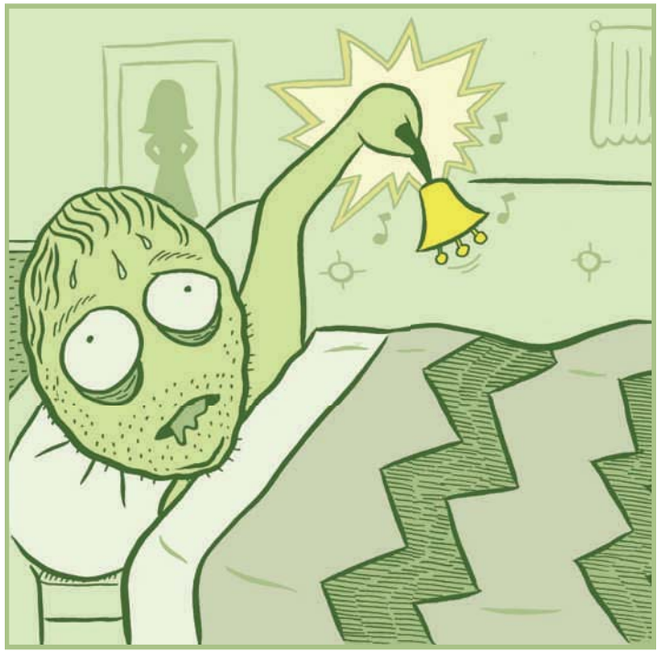
Whether it's cycling, running, walking or climbing, the D.C. climate is perfect for outdoor activities to stay fit, and you worked hard this summer to keep those pounds off. But as the weather gets cooler and you bring your workouts back indoors, it's a great time to start something new like a strength training program. Get through the upcoming holidays without adding those pounds back on the scale by meeting with me today to put together a structured plan.

GoldsGym.com

JOIN IN OCTOBER FOR DUES AS LOW AS $14.99 BI-WEEKLY!

With select new Gold's Gym memberships. $14.99 dues rate applies to bi-weekly agreements only. Must be at least 18 and a local resident with valid ID. Not redeemable for cash. Amenities vary by location. Participating Gold's Gyms only. Other restrictions may apply. Offer expires October 31, 2012.

baggagecheck



BEN CLAASSEN III

Sick of Husband Being Sick

Q My husband doesn't take good care of his health, so he's always getting sick. And he is such a baby when he is sick. I used to be sympathetic, but now I'm just annoyed. Yes, you will get a cold if you're not good about washing your hands during flu season on the Metro. Don't even get me started on his eating. How do I handle this? ANNOYED WIFE

There's a middle ground here between "Get your own darn soup — it's your fault you're sick!" and "Oh, honey, please continue licking those Metro walls — I'll take care of you no matter what!"

Arriving at the sick-spouse sweet spot involves getting your points across (and urging him to take better care of himself) without increasing his agony when he's already sick. Because here's a reality check: Even people who take impeccable care of themselves and treat hand sanitizer like their co-dependent lover will sometimes get sick, and part of a spouse's job is to be nurturing during those times. The next time he's recovered, tell him that you worry he's got a couple of habits that are going to keep making him miserable. Being specific and respectful should encourage him to make some small changes.

On the Offensive At the Office

Q I work with a bunch of guys who are very crude in my presence. They don't seem to notice or even care that I'm there. I'm not a prude, but some of the things that they talk about are inappropriate. How do I complain to them without being branded as "that girl"? ANNOYED WITH MY CO-WORKERS

I'm not sure of the nature of your workplace, or the nature of this crudeness. (There's a pretty big difference between unashamed burping and degrading women.) Does this border on sexual harassment territory? And is there a supervisor who's part of the problem — or potentially part of the solution?

If it's not an actionable offense and it's something you want to keep between you and them, then make some subtle but persistent interventions in the moment. When they get out of hand, here is a nice place to start: Clear your throat, make direct eye contact with an empathetic smile, and say, "Guys, guys — it's going a bit overboard here. Can we tone it down?" If need be, talk to them individually. And be firm, without making a federal case of it. (Unless, of course, you do need to make a federal case of it.)

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Taking Positions

Soccer moms? That's so 1996. The new voting bloc that's worth courting is the bend brigade. Become part of the movement Sunday at Yoga the Vote, a free community class and concert that's encouraging participants to "be a powerful voice for unity and conscious participation, on our mats and in the voting booth." It's 3-5 p.m. at 23rd Street and Constitution Avenue NW. See Facebook.com/OffTheMatDC/events for details.

The Golden Rules

Olympic decathlete Ashton Eaton gives back by motivating others at a local gym

What do you do after being named the best athlete in the world? Absolutely nothing. That's been the game plan for 24-year-old Ashton Eaton since winning the gold medal in the decathlon at the 2012 Olympics. "A lot of times, people forget that rest is training, too," says the Oregon native, who holds the world record in the grueling 10-event sport.

The lifting, running, jumping and throwing part of his training starts up again in two weeks, so Eaton should be enjoying his dwindling veg-out time. Instead, he showed up last Saturday to the new 24 Hour Fitness in Falls Church to lead members in a workout.

"We used to jog to warm up, but it makes my quads tight. I either run fast or walk."

"It's my way of saying thanks," says Eaton, who appreciated the boost he got in London from sponsors, including the national gym chain and Powerade. Plus, he's an exercise advocate. "Athletics is such a huge part of people's lives — just like drinking water and sleeping."

Saturday's routine was based on what Eaton does to stay in shape, meaning a little bit of everything: sprints, Russian twists, lunge jumps, push-ups, hip raises, hurdle hops and, of course, burpees. The exercise, also known as the squat jump, is Eaton's favorite because it forces your entire body to pitch in.

To Eaton, athleticism isn't just speed or strength or power. It's all of those things. That's why he thinks it's critical to have more than one flavor of workout routine.

"Each of our events is set in stone, but the approach and drills constantly change," says Eaton, who's done some odd things in the name of exercise, including throwing broom handles to mimic javelins. Once, his coach instructed him to run up to a swimming pool, jump and do cannonballs into the water.

That kind of activity might not improve his pole vault, but it translates into fun. And when you're training for upwards of four hours a day, a little levity goes a long way, says Eaton, who was reminded Saturday of how motivating it can be to work out to music. Although he likes tunes, he's usually exercising without them: "It's hard to jump with iPod cords."

Not much else is hard for Eaton, except for long-distance running.

"I can't jog," he says. "We used to jog to warm up, but it makes my quads tight. I either run fast or walk."

Still, Eaton has some tips for folks gearing up for the Marine Corps Marathon and other fall races. One technique he recommends is focusing on other competitors rather than the finish line. When your goal is just passing the guy in the yellow shirt, and then the woman in the pink one, the race becomes more manageable.

Another idea? Shorten your stride and find a rhythm, says Eaton, who relies on that strategy in his longest event, the 1500 meters.

Leave time in these last few workouts for your upper body. To score that winning time, fast arms can be just as key as fast feet, which is why Eaton often stands in place, swinging his arms as quickly as he can. (He also sometimes trains by running with hand weights.)

And no matter what, Eaton says, always drink up. He knows he's properly hydrated when he has to get up every few hours in the middle of the night to use the bathroom.

"I'm reading this book about space exploration, and the first thing we look for is water," says Eaton, who sounds like he's looking for some intergalactic competition.

VICKY HALLETT (EXPRESS)

Decathlete world-record holder Ashton Eaton visited Falls Church on Saturday.

Backstory

Gold medalists are just one of the features you can find at the new 24 Hour Fitness (1000 E. Broad St., Falls Church, 571-533-3608, 24hourfitness.com), the first location for the chain in the Washington area. The facility, which opened Sept. 21, boasts a 25-meter pool, basketball court, large functional training area, huge selection of cardio and weight equipment and a busy schedule of classes and events (this weekend is a Zumba fundraiser). Another 24 Hour Fitness is slated to come to Tysons Corner in 2013.

Stethoscope

HEART DISEASE

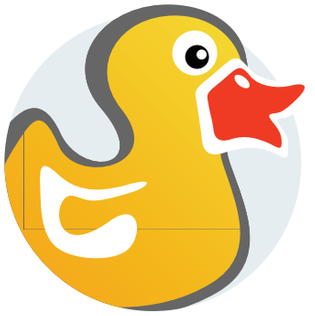
A Real Need for Speed

That lazy stroll is a fine way to get some air, but if you're looking for heart health benefits, better put some spring in your step. That's according to Danish researchers who published a study in BMJ Open showing that an hourlong daily walk didn't reduce subjects' risk of heart disease and stroke. But fast walkers and joggers cut their risk by 50 and 40 percent, respectively. (EXPRESS)

MENTAL HEALTH

Eat Good-Mood Food

Want life to feel like just a bowl of cherries? Then try eating more of them — along with some other fresh produce. A new study in the journal Social Indicators Research shows that subjects' mental well-being grew as they consumed a higher number of daily servings of fruits and vegetables, peaking at seven servings. The study, a joint effort by researchers at Dartmouth University and the University of Warwick, defined a serving as 2.8 ounces. (EXPRESS)



CONTEST

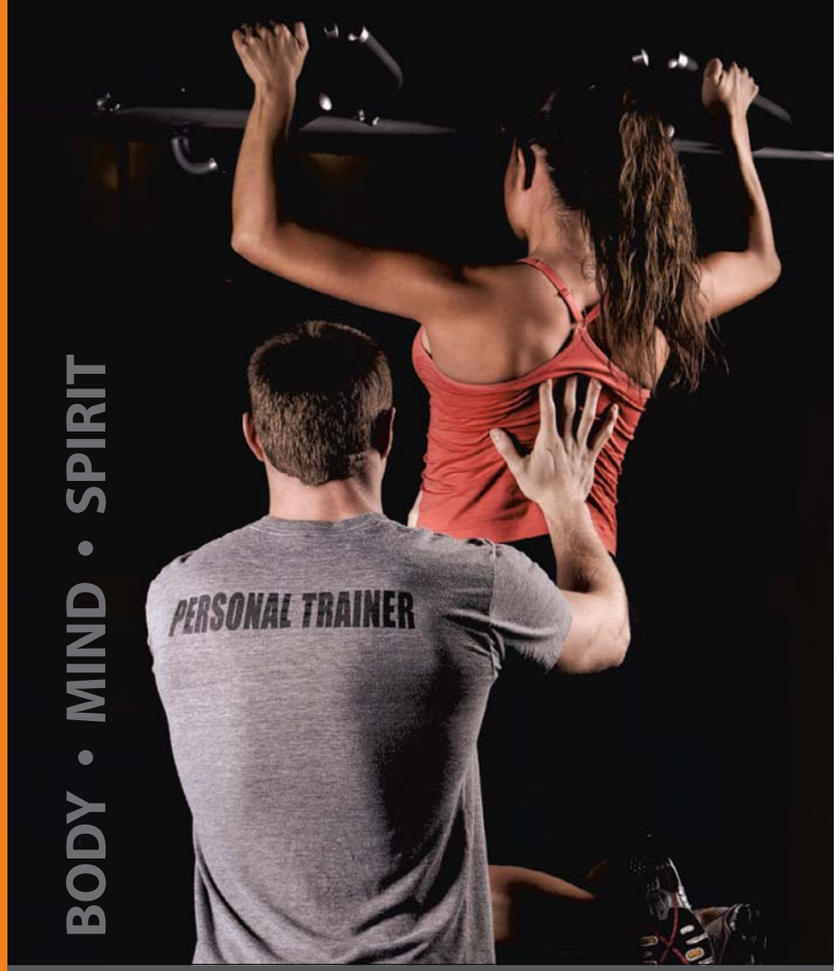
Make Way for ...

Make your thinking cap a helmet so you're in the right frame of mind to come up with a name for the Golden Triangle's newest bike rack. Inspired by the duck clan that hangs out in the National Geographic courtyard each spring, the rack's design resembles the outline of the birds marching single-file. Submit ideas by today at Bit.ly/URbbph. Voting is next week. The winner gets $200, which is worth quacking about. V.H.

LIVE HEALTHY. WORK HAPPY.

It pays to create a healthy environment for your team . . .

BODY • MIND • SPIRIT



VIDA™ FITNESS

We make it happen.

corporatemembership@vidafitness.com

fit nutrition

The Campaign For Better Food

Election season is a marathon, not a sprint. So why do most politicians have the diet of a couch potato? "They should be eating like athletes, for physical and mental strength," says Ruth Frechman, national spokeswoman for the Academy of Nutrition and Dietetics and author of "The Food is My Friend Diet." That means stocking up on lean proteins for energy, fiber to regulate a metabolism thrown off by their grueling schedules and low-sodium/low-cholesterol food to keep blood pressure down. Unfortunately, the four main players in this presidential election don't always get it right. Here's a look at what's getting chewed up the campaign trail:

(REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

GETTY IMAGES

Ice Cream

With so many summer stops in hot cities, it's understandable to seek out ice cream to cool off. At one stop in Cedar Rapids, Iowa, President **Barack Obama** dug into a scoop of mint chocolate chip. Author Ruth Frechman says a snack like this in moderation is fine, as long as the president knows when he's full: "Always listen to your hunger cues and stop eating when you feel satisfied."

VIA TWITTER

Chicken Sandwiches

After GOP presidential candidate **Mitt Romney** visited Carl's Jr. from the road last September, he tweeted that the new Jalapeno Chicken Sandwich was "delicious." But the Charbroiled Barbecue Chicken Sandwich from the very same restaurant has just as much protein with only half the calories and much lower fat content (4.5 grams vs. 33 grams). That would have been a better policy choice.

AP

Cheesesteaks

Vice President **Joe Biden** is known for putting his foot in his mouth. But when he went to Pat's Steaks in Philly, he instead went for a "Whiz, widout" (a sandwich with Cheese Whiz and without onions). Biden reportedly skipped the hot peppers, which is a shame: A compound called capsaicinoids found in spicy foods can help protect your heart against disease.

AP

Hot Dogs

Although he's better known for posing with dumbbells, GOP vice presidential candidate **Paul Ryan** also showed off his form at the Hot Dog Shoppe in Warren, Ohio. The major offense may not even be the hot dog with sauerkraut (a good source of calcium, fiber, vitamin C and potassium), but the chili cheese fries. "The sodium is off the charts," Frechman says.

lookout

'Faithfully' ...
Infamous party-crasher Michaele Salahi marries Journey's Neal Schon 39

Sound Bets

ROGOVIN.COM

B.Y.O. Soundtrack

You have to be a dedicated cinephile to watch silent movies and a hardcore movie nut to go to the theater to watch them. But you can't touch the Alloy Orchestra's celluloid commitment: Since 1991, this Massachusetts trio has composed original scores for 23 silent flicks and 20 shorts to perform as live accompaniment to big-screen action.

By Christopher Porter

(Check out examples at Alloyorchestra.com.)

Terry Donahue, Ken Winokur and Roger Miller (the last one in that list is from post-punk giants Mission of Burma) can provide a full soundtrack despite being just three deep because they play a lot of things: bells, metal, saws, clarinet, accordion, drums, electronic keyboards and more. It's a full orchestra of audio options.

The musicians are on the move constantly, too, providing not only dramatic musical scores but sound effects — because you can't have a massive on-screen pratfall without a crashing accompaniment. If only real life were like that.

▶ **Alloy Orchestra** visits AFI's Silver Theatre (Afi.com/silver) Sat. through Mon. to accompany "Underworld" (1927), "The Last Command" (1928), "The Overcoat" (1926) and "Man With a Movie Camera" (1929).

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Got It From Her Mama

Meryl Streep's child Mamie Gummer aims to make a name for herself on a new show

Television

On "Emily Owens, M.D.," Mamie Gummer plays a med-school graduate just starting out as an intern.

No longer will Emily be the nerdy schoolgirl plagued by nervous perspiration, exclusion from the cool crowd and awkwardness with boys! She has reached a long-awaited turning point: adulthood.

Yet her new life as a doctor feels uncomfortably like high school. Denver Memorial Hospital has cliques, gossip and a fellow intern who was Emily's adolescent nemesis.

As a doctor, Emily knows her stuff. On a personal level, she's still dorky and naive.

"She's really smart," Gummer says, "which rescues her when her heart and lack of confidence get her into jams. ... I really love her!"

With a little luck, the audience will love her, too, and make a hit out of "Emily Owens," which premieres Tuesday at 9 p.m. on the CW.

Maybe then Gummer will be recognized for her own sizable talents rather than, primarily, as the actress-daughter of Meryl Streep.

The family resemblance is easy to see. But Gummer comes across as more ethereal, more vulnerable than her celebrated mom.

The second of four children of Streep and sculptor Don Gummer, Mamie Gummer may not yet be a household name. But at 29, she has accumulated solid acting credits on Broadway and on film.

Most recently, she was a regular on ABC's short-lived "Off the Map," where she played another doctor.

Now she's stepping front and center as the star of her own series.

Yes, her mom has seen it. Her father, too.

"They're big 'Emily Owens' fans," she reports, "over there at the Gummer household."

So what led Mamie to step into a field where her mother plays such a commanding role?

"It didn't really occur to me that I shouldn't," she says. "I don't know if I was delusional

"It wasn't until I ... entered the field professionally that I went, 'Oh, [expletive]! I should have considered that!'" Gummer adds. "But by then it was too late, and I'm a stubborn person." FRAZIER MOORE (AP)

JACK ROWAND/THE CW

Mamie Gummer stars as the titular hospital intern in the CW's "Emily Owens, M.D."

Fall Premieres

Serious But Silly

CW 9:00

Driven by precious voice-overs, "Emily Owens, M.D." cascades from locker-room humiliation (somebody steals Emily's pager) of the "Glee" variety to medical emergencies straight out of "ER." It can be a little too much to see the super-competent Emily spit out orders and save a young patient in one scene and then listen to her whine in the next. (UNIVERSAL UCLICK)

Play Your Music: Owners of tablets that run Microsoft's Windows 8 will soon be able to pick from a selection of millions of songs and stream them for free as long as they listen to an ad every 15 minutes. The new service, Xbox Music, does require a $10-a-month subscription to download songs and to use it on Xbox 360 or a smartphone. Xbox Music launches a free trial for game-console owners Tuesday. It arrives on Windows 8 tablets Oct. 26. (AP)

lookout entertainment

top stops

GETTY IMAGES/EXPRESS ILLUSTRATION

1 Selling Out?

You've heard Passion Pit's infectious electro-pop "Take a Walk" approximately a million times. It's used in a Taco Bell campaign about taking Instagram pictures of tacos and uploading them for your friends, which must be weird for singer Michael Angelakos. He suffers from social anxiety (though apparently not "singing in front of people" anxiety). ***9:30 Club, 815 V St. NW; Tue. & Wed., 7 p.m., sold out; 202-265-0930, 930.com. (U Street)***

2 Steady As She Goes

There's little earnestness left in music these days, so it's nice to know that Brooklyn's the Hold Steady is holding steady. It hasn't had a new release since 2010's critically acclaimed "Heaven Is Whenever," but vocalist Craig Finn has kept rabid fans happy with his solo effort, "Clear Heart Full Eyes," which came out this past January. ***Ottobar, 2549 N. Howard St., Baltimore; Tue., 9 p.m., $25; 410-662-0069, Theottobar.com.***

3 Mallrats All Grown Up

Jason Mewes and Kevin Smith (shown), also known as Jay and Silent Bob, have begun calling themselves old. At 38 and 42, respectively, that seems premature. They've been making films for almost two decades (remember "Clerks"?), and they'll discuss it all in their stage show, "Jay and Silent Bob Get Old." ***Fillmore, 8656 Colesville Road, Silver Spring; Tue., 8 p.m., $35-$45; 301-960-9999, Fillmoresilverspring.com. (Silver Spring)***

like football, you score more with a great tight end.

Join now and get October FREE.*

WSC

washington sports clubs®

MySportsClubs.com

RATE-LOCK GUARANTEE
Your monthly dues will never increase.

*Restrictions apply. Offer expires 10.16.12.

GW COLUMBIAN COLLEGE OF ARTS AND SCIENCES
WASHINGTON, DC • ARLINGTON

MASTER'S DEGREE
ORGANIZATIONAL SCIENCES

Become the dynamic, progressive leader that drives organizational success.

Acquire new skills to advance your career and help you:

- quickly analyze and solve problems
- rethink work processes
- sculpt organizational culture
- enhance member collaboration

Strengthen your competitive edge. Select from two concentrations: Organizational Management and Human Resources Management. Earn a master's degree in two years or in one by joining the elite accelerated Fellows cohort program.

Choose convenience. Attend evening classes in Arlington, Virginia or join the elite accelerated Fellows cohort program in Washington, DC.

www.nearyou.gwu.edu/orgsci

For a list of all GW graduate programs, visit **www.gwu.edu/gradapply**.

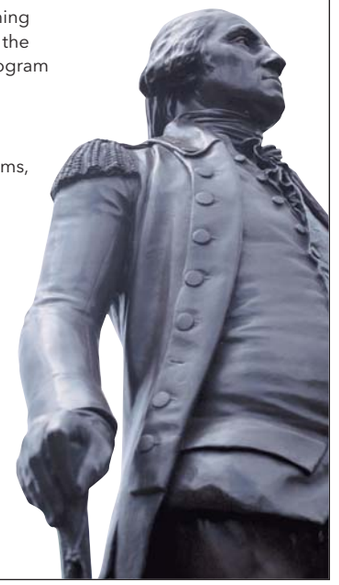
Information Sessions

Tuesday, October 23
6:30 pm

Tuesday, October 30
6:30 pm

950 N Glebe Rd, 6th Floor
Arlington, VA 22203
Metro: Orange line to Ballston

RSVP Today!
202.973.1130
www.nearyou.gwu.edu/orgsci



THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON, DC

38068 THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/ AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

All-Inclusive Art

'Middle of Nowhere' director Ava DuVernay is helping to redefine black indie filmmaking

Film

Last January, Ava DuVernay became the first African-American woman to win the best director award at the Sundance Film Festival, for her sophomore effort "Middle of Nowhere." But the biggest thrill had come earlier in the festival, when the film — the story of a Los Angeles nurse whose life is upended while her husband serves time in prison — was screened outside of Park City, Utah.

"This was not industry," DuVernay says. "This was regular white folk, just people from Salt Lake City, from town. And we were floored by that screening. It was one of the most emotional ..."

"It was beautiful," interjects Emayatzy Corinealdi, who plays the film's protagonist, Ruby. "It was overwhelmingly beautiful, their reaction."

A strong reaction isn't surprising for "Middle of Nowhere," which opened locally Friday.

The quiet, scrupulously observed drama, anchored by a galvanizing breakout performance from Corinealdi, gives viewers an intimate portrait of contemporary life that is neither self-consciously naturalistic nor glossily romanticized. Rather, it gains its considerable cumulative power by telling its bittersweet truths simply, with sensitivity and an understated visual vocabulary.

On its face, "Middle of Nowhere" shouldn't be a rarity. But as a contemporary drama by an African-American woman, about working-class black people who aren't gangsters, victims or entertainers, "Middle of Nowhere" is blazing trails aesthetically and narratively. DuVernay is part of a growing cadre of filmmakers of color who are creating a new vernacular for black cinema, one that owes as much to the white independent tradition as to African-American pioneers.

KATHERINE FREY/TWP

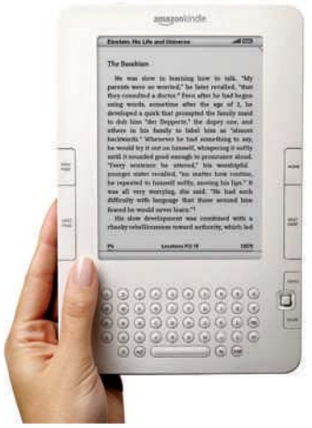
"Middle of Nowhere" director Ava DuVernay, left, with star Emayatzy Corinealdi

> **"Our primary question is making sure our films are available to anyone who wants to see them."**
>
> — **AVA DUVERNAY,** DIRECTOR OF THE FILM "MIDDLE OF NOWHERE"

In creating films that occupy a singular space, both in terms of content (real life in 21st-century America) and form (perhaps best described as artful realism), DuVernay and her peers are also cultivating a particular audience — welcoming black filmgoers to consider small, non-star-driven movies and challenging white, art-house crowds to reconsider their assumptions.

"I loved 'A Separation,'" DuVernay says, referring to the 2011 Iranian film. "Did they make it for me? No. So why can't others love our cinema? I think that's a question, but it's not our primary question. Our primary question is making sure our films are available to anyone who wants to see them, particularly black people who feel [there's] no balance in the images."

ANN HORNADAY (THE WASHINGTON POST)



E-BOOKS

Kindle Credit Coming

Amazon Kindle customers may be entitled to a credit on past e-book purchases as part of settlements between e-book publishers and the government. Hachette, HarperCollins and Simon & Schuster were accused of conspiring in a price-fixing scheme on e-books. If a federal court approves the settlements in February, customers would automatically receive approximately 30 cents to $1.32 for every eligible Kindle e-book purchase between April 2010 and May 2012. (AP)

The HAMILTON LIVE

UPCOMING PERFORMANCES

TUESDAY, OCT 16
THE BE GOOD TANYAS
W/ DAN BERN

THURSDAY, OCT 18
VINTAGE TROUBLE

WEDNESDAY, OCT 24
CAPITOL BLUES NIGHT

THURSDAY, OCT 25
ESCORT

FRIDAY, OCT 26
JOE TAYLOR GROUP

SATURDAY, OCT 27
THE NEW ORLEANS SUSPECTS

WEDNESDAY, OCT 31
JUSTIN TRAWICK
HALLOWEEN SHOW

THURSDAY, NOV 1
BERNIE WORRELL ORCHESTRA
W/ URBAN FUNK

SATURDAY, NOV 3
TIM REYNOLDS AND TR3

SUNDAY, NOV 4
BONERAMA

WEDNESDAY, NOV 7
STOOGES BRASS BAND

14TH & F near Metro Center
@thehamiltondc
/thehamiltondc
202.787.1000

BUY TICKETS

THEHAMILTONDC.COM

MAVIS STAPLES
WEDNESDAY OCT 17

BLUES TRAVELER
FRIDAY OCT 19

JOHN OATES BAND
SATURDAY OCT 20

KRIS ALLEN
SUNDAY OCT 28
Winner of the 8th season of American Idol

Not Fade Away: You can't always get what you want — unless you're a Rolling Stones fan. The legendary band will return to the stage this year with four concerts in Britain and the United States. The shows will take place Nov. 25 and 29 at London's O2 Arena, followed by gigs Dec. 13 and 15 at the Prudential Center in Newark, N.J., the last of which will air live on pay-per-view. The shows mark the first Stones performances in five years. The band calls it the "crowning glory" of celebrations marking the 50th anniversary of its first gig. (AP)

MARINE CORPS MARATHON *weekend*

The Washington Post

For event details, road closings, and spectator locations, visit:

www.MarineMarathon.com

Thursday, October 25 – Saturday, October 27

Free! MCM Health and Fitness Expo presented by GE
DC Armory

Sunday, October 28

5am Metro opens early
7am Live Coverage on Comcast SportsNet
7:40am Wheelchair Participant Start
7:55am 37th Marine Corps Marathon, Arlington, VA
MCM10K on the National Mall

NISSAN

aetna

ARLINGTON VIRGINIA

BROOKS.

BOEING

metro

CONVENIENT ON-COURSE METRO STATIONS

Pentagon (Runners Village/ MCM Start)
Smithsonian (mile 18/ MCM10K Start)
Crystal City (mile 22/23)
Rosslyn (Finish)
Arlington Cemetery Station (mile 25) opens at 8:30am

MCM 26.2

No federal or Marine Corps endorsement implied

XPP393 5x10.5

TV tonight lookout

Best Bets

CBS 8:00

NCIS Milestone events are a good time to take stock, and that's what happens to Gibbs in the series' 200th episode. An encounter with a gunman during his morning coffee stop has him questioning the choices he's made in his life. This scenario provides a platform for return visits by his father, his late first wife and his murdered mentor.

FOX 8:00

Raising Hope A two-parter concludes with the Chances hatching a plan to get Maw Maw (Cloris Leachman, right) out of the state nursing facility she's been placed in. When Virginia sees how well the staff treats her, however, she thinks Maw Maw might be better off there.

PBS 8:00

Race 2012 This new documentary uses the current presidential election as a lens through which to view America's racial landscape. It delves into immigrants' reshaping of the American electoral picture, white voters' reaction to their declining numbers and diminished influence, and the economic imbalance between races that may affect America's political future. (TRIBUNE MEDIA)

HISTORY

The Other Founding Fathers

'THE MEN WHO BUILT AMERICA'

HIST 9:00

This eight-hour series chronicles how five famous men — Cornelius Vanderbilt, John D. Rockefeller, Andrew Carnegie, J.P. Morgan and Henry Ford — shaped the future of America by building the oil, rail, steel, shipping, automobile and finance industries, all of which helped turn the country into a global superpower in the span of 50 years. It includes interviews with Mark Cuban, Alan Greenspan, Charles Schwab and Steve Wozniak. (TM)

Documentary

Hoop Dreams

The "30 for 30" film "There's No Place Like Home" (8 p.m., ESPN) follows one man's quest to purchase, at auction, James Naismith's, above, original rules for basketball — one of sports' most important historical documents — and return it to Lawrence, Kan., where Naismith coached and taught. (TM)

YOUR CALLING.
THE COUNTRY'S NEED.

According to the Council on Graduate Medical Education (COGME), the US is facing an imminent physician shortage, specifically in primary care. Ross University School of Medicine (RUSM) is helping to meet this need by training physicians who are entering nearly every area of medicine, including the critical demand in pediatrics, internal medicine and family medicine.

- RUSM provides clinical rotations at affiliated teaching hospitals in the US.
- RUSM graduates have attained more US residencies annually than those of any other medical school in the world over the last five years.
- RUSM is eligible to participate in the US Federal Direct Loan Program; financial aid is available to those who qualify.

ATTEND OUR INFORMATION SEMINAR
Saturday, October 20, 2012 • 10 am
JW Marriott Washington, DC
To register, visit RossU.edu or scan this QR code.

ROSS UNIVERSITY
SCHOOL OF MEDICINE

For comprehensive consumer information visit www.RossU.edu/med-student-consumer-info
© 2012 Global Education International. All rights reserved.

Reach over 300,000 readers daily

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

To place a classified, call 202-334-6200.

To advertise a job, call 202-334-4100.

Credit cards accepted.

VISA MasterCard AMERICAN EXPRESS

XX653 1x10.5

JOBS

2012 Postal Positions
$13.00 - $32.50+/hr.,
Federal hire/full benefits
No Experience, Call Today
1-800-593-2664 ext.198

ACTIVISM

CAMPAIGN JOBS $11.67/HOUR

Help Elect A President & Senator
To Move VA Forward! Join A Highly Effective Field Team $11.67 - $15.75/Hr
$466 - $630/Week
Call Today, Start Tomorrow
Call 703-532-1896

DRIVER, CDL BUS DRIVER
Up to 20-25hrs/wk. Up to $17.00 hr. PT, AM/PM school runs & extra charters avail. CDL w/B Class & P endorsement. FBI Background check. TB check req. **202-636-9203**

Drivers
47 CDL trainees needed. No Exp Required. We will teach you to drive a tractor trailer, dumptruck, or bus. Starting pay .45K+/yr. Local, regional, & over the road positions. Military vets strongly encouraged. Call now (703)-396-8822.

LANDSCAPING
Landscape Superintendant
5 years experience, commercial construction.
Fax resume to 301-350-0063 and call 301-350-6600. EOE/M/F/D/V

LANDSCAPING
Landscape Workers
3 years experience, $16/hour. DC job sites. Documentation required!
Call 301-350-6600. EOE/M/F/D/V

LEGAL
Associate (Chemical/ Biotech)
Analyze patent appls. in adv. field of chemical sc. Adv. knowledge of biophysics, structural, molecular & cell biology. Ph.D. in biotech sc. & law degree from an ABA accredited law school. Send Resumes to HR, Sughure Mion PLLC, 2100 Pennsylvania Ave, NW, Washington, DC 20037 or email: hr@sughrue.com

PARKING MANAGER- MD
Evening/overnight, weekend, Mon-Fri, 3pm-11pm. Sat-Sun 11pm-7am. Must drive stick. **301-986-9271**

ROOFING & WATERPROOFING SUPERINTENDENT
Compensation up to $100,000
Commercial contractor working in Metro D.C, Experienced only. **Fax resume to 301-350-0063**
EOE /M/F/D/V

TELEMARKETERS - METRO ACCESSIBLE
Homefix is hiring for PT & FT positions. Hours are flexible. Usually btwn 12p-8p. Exp strongly pref but not necessary. Must have a good speaking voice & desire to succeed. Clean fun work environment w/ exc comm pkgs+hourly. Open interviews, wkdays at 4pm at **10301 Democracy Ln Suite 203, Fairfax VA. Call Nate 703-383-0400 or ashultzaberger@homfixcorporation.com**

CAREER TRAINING

GET CAREER TRAINING TO BE A PHARMACY TECHNICIAN AT EVEREST COLLEGE!
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-249-8093
Visit us online at
www.SeeEverest.com
14555 Potomac Mills Road
Woodbridge, VA 22192
VA Schools are CTO SCHEV
For useful consumer information, please visit us at www.everest.edu/disclosures
Everest COLLEGE

Become an Electronic Health Records Specialist in 4 Months
Call **202.223.3500**

Medical Assistant Program
Job Placement Available
Call Today **202.223.2500**

CAREER TRAINING

Classes start Nov. 1
Affordable, Flexible Payment Plan

Become a Nursing Assistant (CNA)
GNA Preparatory Classes
Call Dominion Academy
240-770-7774 • 202-409-6564
Medication Tech. Training
Saturday 12PM to 6PM
7726 Finns Lane, Suite LL2
Lanham Maryland 20706
Approved by the Maryland Board of Nursing and the Maryland Higher Education Commission
CNA/GNA classes are monthly on the first day of the month or the 1st Monday of the month.

Love Animals? Want to help make a difference in their lives? Start training in Veterinary Technology today! Classes are starting soon.
Text DAYONE to 94576 or call 888-790-2444
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
sanfordbrown.edu
888-792-3444
Sanford-Brown COLLEGE

TRAIN FOR A CAREER IN MEDICAL INSURANCE BILLING AND CODING AT EVEREST COLLEGE IN TYSONS CORNER!
8620 Westwood Center Dr.
Vienna, VA 22182
14555 Potomac Mills Road
Woodbridge, Virginia 22192
CALL NOW!
1-888-259-5889
Visit us online at
www.SeeEverest.com
Day and weekend classes available.
VA Schools are CTO SCHEV.
For useful consumer information, please visit us at www.everest.edu/disclosures
Everest COLLEGE

Why be Ordinary When You Can beextraordinary

medtech
Falls Church (main)
Silver Spring (branch)
Washington, D.C. (branch)
Not all programs available at all locations. For useful consumer information, please visit us at www.medtech.edu/consumerinfo. SCHEV has certified Medtech, located at 6565 Arlington Blvd. Suite 100 Falls Church, VA 22042 to operate in Virginia.
Call Now **1-877-691-9494**
aboutmedtech.com

Less time learning and more time earning!
You could become a Massage Therapist!
CALL NOW
To Get Your Free Massage Therapy Career Guide!
888-797-0851
National Massage Therapy Institute
Falls Church, VA
www.nmti.edu

Medical Assistant Trainees Needed!
Medical Assistant Training now available at CTI!
No Experience Needed!
CTI can get you trained & Job Ready ASAP!
New Class forming now!
Call for details!
1-888-567-7685

NURSE ASSISTANT
Med Tech/CPR 19 Days
240-770-8251 OR **240-233-1226**

CAREER TRAINING

GET PAID TO GO TO SCHOOL*

***$300 TRANSPORTATION ASSISTANCE AVAILABLE MONTHLY**
OPEN HOUSE OCTOBER 17TH

Financial Aid Available.
Job Placement Included.
Receive a Computer at No Cost to you.
Flexible Class Schedules.

AVAILABLE PROGRAMS:
- MEDICAL ASSISTANT
- MEDICAL OFFICE ADMIN
- PC SPECIALIST

4 MONTH LONG PROGRAMS AVAILABLE:
- ELECTRONIC HEALTH RECORDS
- PC SPECIALIST LEVEL 1

TECHNICAL LEARNING CENTERS
Call Now: (202) 223-3500
1720 I St. NW Suite 200, Washington, D.C. 20006
One block from Farragut North and West
Visit our Website: *www.tlc-corp.com*

All Programs Nationally Accredited By COE

An Extraordinary Career, AN EXTRAORDINARY YOU!

Radians College can prepare you to enter the growing field of nursing.

Make a difference in:
- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:
- Licensed practical nursing
- Registered nursing

RADIANS COLLEGE
1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

CAREER TRAINING

Become a
RECORD PRODUCER
or
RECORDING ENGINEER

OPEN HOUSE SOON
Call for details.

Financial Aid For Those Who Qualify

THE OMEGA STUDIOS' SCHOOL OF APPLIED RECORDING ARTS AND SCIENCES
5609 FISHERS LANE
ROCKVILLE MD 20852 • 301-230-9100
www.omegastudiosschool.edu

Open the Door to Your Future!

Fortis College gives you all this:
Flexible schedules, career placement assistance for all graduates and financial aid available for those who qualify.

Call Now!
1.877.809.9152
www.FortisCollege.edu

Programs offered:
- Dental Hygiene
- Expanded Function Dental Assistant
- Medical Assistant
- Medical Billing and Coding
- Medical Laboratory Technology
- Pharmacy Technician
- R & D Lab Technician

FORTIS COLLEGE
Your Life. Powered By Learning

4351 Garden City Drive
Landover, MD 20785

For consumer information, visit www.Fortis.edu.

CAREER TRAINING

HEALTH CARE
GRADUATE AND BE JOB-READY IN LESS THAN
1 YEAR*

Call Now for More Information!
1-888-249-8121
Apply online at wwwSeeEverest.com

Career Education
Everest COLLEGE
Tysons Corner • Woodbridge
Everest INSTITUTE
Silver Spring

Programs and schedules vary by campus • Day and weekend classes available • VA Schools are CTO SCHEV • Accredited Member, ACICS
For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.everest.edu/disclosures. *Some programs longer than one year.

CAREER TRAINING

Computer Repair & Help Desk Trainees Needed!
Train for a career in Computers at CTI!
No Experience Needed!
Hands on Training & Job Placement Assistance!
Get the IT skills you need for the job you want!
1-888-567-7685

MED BILL & CODING
Trainees Needed Now
Medical Offices now hiring. **No experience?**
Job Training & Placement Assistance Available.
1-866-294-0466

Are You Unemployed or Underemployed?
Come get FREE EMS Paramedic Training for those who qualify. Must be a DC resident and meet DOES eligibility requirements. Call about your new career today! Close to Metro Center.
(202) 582-LINK(5465)
or email: Thewestlinkci@live.com

APRENDE A HABLAR EN INGLES AHORA!
Con un programa rapido y facil para los que no hablan ingles! **1-888-649-2697**
CTI Career Technical Institute

MEDICAL ASSISTANTS IN DEMAND!
Hospitals & Doctors depend on MA's!
Get trained at CTI!
1-888-234-1302
CTI Career Technical Institute

MEDICAL ASSISTANT TRAINING
Local job training & placement assistance now available at CTI!
1-888-234-1302
CTI Career Technical Institute

FREE PARAMEDIC TRAINING
for foster children not yet 21, Military service connected and the unemployed in DC.
Start a new rewarding career today.
Call **202-582-LINK(5465)** to set up an appointment.
We are located at 1325 G St. NW, Suite 500
Washington, DC 20005 *You must qualify for free training.*

WHO KNEW!
Training in Medical Assisting is quicker than you think at Sanford-Brown. CALL TODAY!
Text DAYONE to 94576 or call
888-809-2333 • sanfordbrown.edu
SBI - 8401 Corporate Dr., Ste 500, Landover, MD 20785
SBC -1761 Old Meadow Rd., McLean, VA 22102
Sanford-Brown COLLEGE
Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.

CAREER TRAINING

Are you good with details? Do you want to be a part of the healthcare industry without working with blood?
Open yourself up to new possibilities with training in Medical Billing and Coding!
Classes starting soon.
888-807-6333
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanfordbrown.edu
Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Sanford-Brown COLLEGE

Want to make a change in your life?
Interested in **Healthcare?**
We offer hands-on training in a variety of healthcare fields.
Classes Starting Soon! Call today!
Sanford-Brown College
SBI: 8401 Corporate Drive, Suite 500 Landover, MD 20785
SBC: 1761 Old Meadow Rd. • McLean, VA 22102
Programs vary by campus, Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Text DAYONE to 94576 Or call
888-791-3444
sanfordbrown.edu
Sanford-Brown COLLEGE

Thinking of changing your life **ONE DAY?**
Train to become a NURSE! Call now!
Text DAYONE to 94576 or call
888-790-2444
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanfordbrown.edu
Programs vary by campus. Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Sanford-Brown COLLEGE

PHARMACY TECH
Trainees Needed Now
Pharmacies now hiring. **No experience?**
Job Training & Placement Assistance Available
1-877-240-4524

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
CTO SCHEV

DENTAL ASSISTANT
Trainees Needed Now!
Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-800-678-6350

CAREER TRAINING

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
CTO SCHEV

Medical Office Trainees Needed!
Become a Medical Office Professional now!
No Experience Needed!
Hands on Training & Job Placement Assistance!
CTI can get you trained & Job Ready ASAP!
1-888-567-7685

Office Support Trainees Needed!
Train to become an Administrative Assistant at Career Technical Inst.!
No Experience Needed!
Hands on Training & Job Placement Assistance!
Call for more details!
1-888-567-7685

MEDICAL LEARNING CENTER
DAY, EVENING & WEEKEND CLASSES:
L.P.N. Licensed Practical Nurse | **C.N.A.** Certified Nurse Assistant
medicallearningcenterva.com
703-527-0055 • Certified SCHEV • Approved VBON

PHLEBOTOMY
Training workshops
Doctor's Help **301-567-5422**

BUSINESS AND FINANCIAL OPPORTUNITIES

BAD/NEGATIVE CREDIT
Removed from Credit Report. Guaranteed or or your money back. 202-775-6932

STUFF

6PC Bedroom Cherry Set. New in boxes $305. Can Deliver. 301-399-7870

$75 COMPUTERS & $20 17" LCDs VA:703-370-5440 MD:301-931-6630 WWW.PCRETRO.COM

Pillowtop Qu mat. set. Value $289, Asking $130! 3Pc king pillowtop mat. set Value $499, Asking $230. New in Plastic. Can Deliver. 301-343-8630

SMALL COLLECTOR PAYS CASH FOR COINS/COLLECTIONS. Call Al, 301-807-3266 Will Come to you!

SOFA LOVE SEAT - Value $499, Sell $285. SECTIONAL- Value $799, Sell $385. Both brand new in packaging. Must sell. Call 301-343-8630

SALES & AUCTIONS

NW DC GIANT YARD SALE RAIN OR SHINE Calvary Baptist 755 8th St. NW Next to Gallery Place 10/17 & 19, 10-3pm. 10/18, 12-6pm.

PETS

ADOPTA CAT/KITTEN
Vet checked. Call Feline Foundation.
703-920-8665 **www.ffgw.org**

Boxer—$500-$650, Two litters, 8 Females, 4 Males, AKC, Shots, Dewormed, Dewclaws, Parents onsite. 571-921-2685

BULL TERRIER- beautiful super smart females, 3.5 mo., dewormed, healthy,excellent temp parents AKC. Gotti bloodlines $300 **703-914-0107**

PETS

FELINE ADOPTION FAIR
Sunday, October 21st, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
6357 Columbia Pke, Falls Church, VA
Information 703-920-8665 x3
Feline Foundation www.ffgw.org

DC RENTALS

1811 Irving Street NE DC
Newly Renovated, Hardwood floors, close to Rhode Island Ave Metro.1bedroom apartments $880.
Call Ashley at 202-421-9618

Utilities INCLUDED

ANACOSTIA- 2 BR, 1 BA, W/D, wall- wall carpet, spacious closets, near metro, **$1,200/m Call 202-361-8887**

JUST LISTED!!!

CONGRESS HEIGHTS- 1 BR furn/ unfirn condo, starting at **$1,400/m+ electric Call 202-561-3644 or cell 703-254-3902 ask for Lisa**

DAHLGREEN COURT
EARLY BIRD SPECIAL!

ON STUDIOS & 1BRS
NO APPLICATION FEE
1/2 OFF 1st MONTH'S RENT
202-618-8092

1 & 2 Bedrooms
STARTING @ $999
With NO APPLICATION FEE and $99.00 Security Deposit.
For Qualified Applicants

- Open Floor Plan in Living Area
- **All New** Kitchens w/Ice-Maker
- **All New** Bathrooms
- **All New** Floor-to-Ceiling Windows
- **All New** Wall-to-Wall Carpeting
- Abundant Closet Space
- Minutes to Minn. Avenue Metro
- Metrobus at your Door
- Free Off-Street Parking
- **All New** Lobby & Hallways
- 1st Floor Laundry Room
- Controlled Access Entry

GLENDALE PLAZA
FOR HIGH RISE CITY LIVING 202.397.2300
4651 Nannie Helen Burroughs Ave, NE, Washington, DC 20019
Professionally Managed by CIH Properties, Inc.

OCTOBER MOVE IN SPECIAL
**** 1/2 OFF 1st Month's Rent On 2 and 3 Bedroom Apts.**
** Must Meet Requirements to Qualify
No Application Fee, must move in by October 31st
Carver Terrace
1909 Maryland Avenue #101, Washington, DC 20002
888-646-1798 **Qualified Applicants

3533 Ames St NE DC- AMES Street Apts
Newly Renovated,Hardwood floors, close to Minnesota Ave Metro. 1bd apts $725
Call Ashley at 202-421-9618

NE - 5629 Clay Place NE, 2 BR, spac, renov, secure bulding $950/month + gas & electric. Section 8 OK. Near metro. Your job is your credit. **240-688-9805**

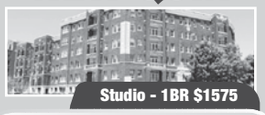
DC RENTALS

OCTOBER Blowout!
1 Bedroom apartments under $700 month!
No Application Fee. No Holding deposit**
***Security deposit $99 to 1 month's rent if qualified. Deposit due upon 48 hours of approval!**
MUST MOVE IN BY OCT 31ST To Qualify For Special

FANTASTIC LEASE DEALS ON 2BRS & 3BRS
Paradise at Parkside
M-F 8:30-5:00 • *Open Saturdays by appt. only*
3551 Jay St. NE • Washington, DC 20019
202-388-0274 **Qualified Applicants

NE- Huntwood Court. Under new management. 1BR $840. 2BR $935. 5000 Hunt St NE. Bring ad, No application Fee! **202-399-1665 NMI Prop Mgmt.**

NEW QUIN



Studio - 1BR $1575

- Ask About Specials!
- Walk to Metro, dining and shopping
- Pet Friendly • In Unit washer/dryers
- 24 hour controlled access
- Historic building with classic architecture, renovated kitchens, restored oak floors, central air and heat

3800 New Hampshire NW, Washington
202-509-0422 • www.uippm.com
UIP property management, inc

N.W.
WALDEN COMMONS
"The Charm of the City"
Spacious 1-Brs from **$1,349***
Call For Details.
Move in And Enjoy
Your Walks to Rock Creek Park
*Plus electric
1336 Missouri Avenue, Washington DC 20011
888-415-5654
www.walden-commons.com

MARBURY PLAZA

2300 Good Hope Rd. SE
Washington DC 20020
Welcome to Marbury Plaza Apartment, the new Anacostia! Minutes away from shopping, entertainment and the new stadium. Leave your car at home because public transportation is at your doorstop. Relax in your new home and enjoy breathtaking views of the radiant District of Columbia!
Studio-2BRs Starting at $898
202.678.0700
www.Marburyplaza.com

SE-1-2 BR on Greenline, Secure, Quiet, Carpet. Vouchers Accepted. Avail immediately From $900. **Call 703-912-4885**

SE-154 Xenia St SE. 1 & 2 BR Starting @ $775-$925 + gas & electric. Secure bldg, private parking, CAC/heat, on site laundry. $200 off 1st month rent. **Delwin Realty 202-561-4675**

DC RENTALS

SAVANNAH HEIGHTS
1 Month FREE*
2 Bedrooms from $1,200*
Washer/Dryer
Gated Community
Wall-to-Wall Carpeting
FREE Off-Street Parking
877.700.0887
savannahheightsapts.com
*Limited time offer, call for details
EQUITY MANAGEMENT
SOUTHEAST, DC EHO

FALL SPECIAL!
1Br - $765.00
Move In by 11/1
and Receive 1 Month Free Rent
Extended Wed. hours 9-7
Anacostia Gardens
3600 Ely Place S.E., Wash. DC 20019

- Spacious 1, 2 & 3BRs
- Central AC/Heat
- 24 hr onsite laundry facilities
- Resident controlled access
- 1 Block from metro & shopping
- Across the street from park & recreation

(202) 584-2241
M-F 9-5 • SAT 10-2

Penn View Apartments
SE
Studios'
starting at $895

- All Utilities Included
- Newly Renovated
- Hardwood Floors
- Controlled Access
- 24 Hour Maintenance Emergency
- Manager On Site
- Laundry On Site

www.wcsmith.com
2515 R Street, SE • Washington, D.C.
888.252.9887

South East *A Vesta Property*
Village at CHESAPEAKE
• Immediate Move-In • All Credit Considered
• No Application Fee • Vouchers Welcome

820 Southern Ave Wash DC. 20032
202.640.4777

FRIENDSHIP CROSSING APTS.
Don't be spooked by our Specials!!!
This is a Treat!!! No Tricks!!!
On 2BRs • Call For Details
$10.00 application fee • $100 Security Deposit Special
Minutes to 295, 395, 495 and Downtown DC. FREE HEAT, GAS, WATER, W/W Carpet, Modern Kitchens/Breakfast Bar, Gated Community, Laundry Facility in every bldg
866.759.0564
Professionally Managed By CIH Properties, Inc.

DC RENTALS

South East
OPEN HOUSE
Saturday, October 20
PARK NAYLOR APARTMENTS
1 & 2 BEDROOM APTS & DUPLEXES
$0 APP FEE • $99 DEPOSIT

- Central A/C & Heating
- Free Heat & Gas
- Community Center
- Controlled Building Access
- Renovated Apartments
- Patios/Balconies
- Ask About Our Government and Senior Discounts

888-703-6882
2562 Naylor Rd., SE • Washington, DC 20020
8:30am - 5:30pm M-F
FREE HEAT COOKING PARKING WI FI

DC RENTALS

SE
You Can't Beat Our SPECIALS !!
No application fee
Deposits as low as $100
1 bedrooms at $769

- Wall-to-Wall Carpet
- Central Heat & Air
- Intercom Access/Dishwashers
- Laundry Room in every Building
- Pool and Playground

River Hill Apartments
202-562-5060
Professionally Managed By CIH Properties, Inc.

SE
Fall Into Your New Apartment Home
@ Friendship Court

- Central Heat & Air
- Wall-to-Wall Carpet
- Close to Shopping, Banking & Metro Accessible

Open House
SAT. OCT. 13TH, 10AM - 2PM
1 & 2 Bedrooms
STARTING @ 699*
*Limited Time Only
Call For Details!!!
202-563-6968
Professionally Managed By CIH Properties, Inc.

FREE GAS HEAT, GAS COOKING & WATER
1 BRS $775 • 2 BRS $875
3 BRS STARTING FROM $1075
Central A/C, Convenient to Green Line Metro, Onsite Laundry, Parking, Vouchers Welcome
GREENWOOD MANOR
APARTMENTS
M-F 8:30 - 5 PM S 10 - 2 PM
202.678.2548
2343 Green Street SE • Wash. DC 20020
WWW.DELWIN-REALTY.COM

SE/28th Pl & Q St.-2BR, ac, patio, gas heat all utils incld. Sect 8 welcome. **202-546-0704**

SE- 30th Penn Ave. -1BR, patio, AC, gas heat Section 8 ok. **202-546-0704**

SE - 5110 A St - 1 Bedroom, W/W, eat-in-kit, secured building, near metro. $695 + electric. **202-561-4675 Delwin Realty**

S.E. DANBURY ST. - Attractive 1BR $750. 1st month rent free. Good Credit Required. Metro Bus at Corner. Call **202-563-1791**

SE DC- 1, 2 BR Apts. Central Air & heat, wall to wall carpet , W/D, Sec 8 ok, Starting at $1200. **For info call Jerome 202-321-5596**

SE- Hanover Court. Under new management. 1 BR $750. 2 BR $820. 2412 Hanover St. SE. **202-506-6416 NMI Property Management**

DC RENTALS

BANNEKER PLACE
APARTMENTS
FALL MOVE IN SPECIALS
$10.00 App. Fee • $99.00 Sec. Deposit*
32 Inch Flat screen drawing*
Free gas • Hot water • Heat
For Qualified applicants only
Must move in by 11/15/12
1 & 2 Bedrooms
Starting at:
$815 - $915
(202) 584-1688
3738 D St. SE 20019
Professionally Managed By CIH Properties, Inc.

Southeast EHO
1 BRs fr. $710/mo
2 BRs fr. $835/mo
with Move-in Special
Meadow Green Courts!
$20 APPLICATION FEE!
Convenient to shops, schools, Dish-washer. Walk-in closets.,w-w carpet 5% DISCOUNT:METRO & DC GOVT employees
Call for details (877) 464-9774
OPEN HOUSE EVERY FRIDAY IN OCTOBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat. 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
$99 MOVE IN SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,
EFFICIENCY $700
1BR fr. $775 2 BR fr $870
*See or call Consultant for Details
M-F 9-5. Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com

XXI72 Ixl.5

DC RENTALS

Move - In Special
$200 OFF of November's Rent
Must move in by Oct. 31 2012

Suitland
Capital Crossing
Newly Renovated 2BRs from $1,195
- Spacious Floor Plans
- Convenient To Metro
- Available For Immediate Occupancy

Other Unit Styles Also Available
www.wcsmith.com *On Select Units
866.204.8061

The Perfect Price at the Perfect Location
CAPITOL PARK PLAZA
All Utilities Included.
Fitness Center/ Swimming Pool.
FREE A/C
1.877.870.0243
*Max. Income Qualifications:
1 pers. $45,180 • 2 pers. $51,600
Restrictions apply.*
201 I Street, SW • Washington, DC 20024
Located Near The S.W. Waterfront
M-F 9-6pm • Sat. 10-5pm Sun. 12-4pm

SW GALVESTON PLACE -- 4BR, 2BA. $1400 plus utilities, 1st month rent free! Credit check required. Metro Bus close. **Call 202-563-1791**

SW- Madison Court. Under New Management. 1 BR $785, 2 BR $885. 32 Chesapeake St. SW **202-561-7368** **NMI Property Management**

MD RENTALS

BETHESDA Huge 1 BR, 1 Ba garden condo. Jacuzzi, 2 spacious balcony, LR, DR, lg BR, renov kit. great loc. $1475/mo. **301-755-7676**

EVERYONE IS A WINNER at Addison Chapel Apartments
Free Accent Walls, Home Décor and Much More!
Call or Stop By for Details
1525 Elkwood Lane • Capitol Heights, MD 20743
(866) 574-7408
INSTANT PRE-APPROVAL
1 BR from $889 • 2 BR from $974
ALL UTILITIES INCLUDED for a small fee
www.addisonchapel.com
*Prices subject to verification

CAPITAL HEIGHTS- 3 level SFH , 5 bedroom, 3 full bath. $1500/month. Section 8 OK. Call Mrs. Barnes **301-641-0679**

Hillside Heights

One Bedrooms $860-$950
Two Bedrooms $1,000-$1,225
* ONE OF A KIND Renovated units
* Pets Allowed
* Metro and Bus line accessible
U·I·P property management, inc
Call for specials! **888-619-0052**

expressnightout.com XX172 lx.25

MD RENTALS

Woodland Springs Apartments
Pay no electricity until 2013 or $300 Off 1st Months Rent
- 1 BR Starting at $830.00
- 2 BR Starting at $950.00
- 4 BR Starting at $1530.00

*All Specials on select units only
Free Application FEE w/AD
- Spacious Floorplans
- Minutes to Metro
- Sparkling pool
- Clubhouse/rec room
- Large laundry facilities

Limited time only
1 Month Free On Select Units
Security Deposit As low as $350 or 1st month's rent (based on credit history)
301-760-4270
6617 Atwood Street • District Heights, MD 20747

PENN LANDING APARTMENT HOMES
END OF SUMMER SAVINGS:
1 Bedrooms from.....$949*
2 Bedrooms from.....$1,098*
2 Bedroom Duplex from....$1,175*
ASK ABOUT OUR SPECIALS!
Bring in this ad & we'll waive your application fee
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change. Please ask a Leasing Consultant for more info.

SE Holly Springs Meadows
2 BR Special Starting at $1100
$200 Off Rent at Move in.
Must move in by Nov 1st.
Free Application Fee!
FREE BASIC CABLE
- On-site Maintenance
- On-site Management
- Laundry
- Playground
- Resident Controlled Access
- Pay your rent online!

www.wcsmith.com
5521 Marlboro Pike,
Forestville MD 20747 *Call for details
1-888-663-8703

Hyattsville
Quincy Manor/ Monroe Gardens
1-BR $685
1-BR (lge) $705
2-BR $769
2-BR (lge) $914
3-BR $950
Gas & Electric Not Included.
Deposit one Month Rent on approved credit
Call Now For Details **301-277-6610**

expressnightout.com XX172 lx.5

expressnightout.com XX172 lx.25

expressnightout.com XX172 lx.25

MD RENTALS

OXON HILL
FREE UTILITIES
- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Call Now For Our **FANTASTIC SPECIALS!**
COLONIAL VILLAGE
908 Marcy Ave. • Oxon HIll, MD 20745
888-583-3047

LANDOVER
GATED COMMUNITY
- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

FREE SEPTEMBER RENT (Selected Units Only)
MAPLE RIDGE
2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

MD RENTALS

HYATTSVILLE
FREE UTILITIES
- Spacious and modern apartments
- Wall to wall carpet
- Dishwasher
- Private balconies/patios

Call Now For Our **FANTASTIC SPECIALS!**
FLETCHERS FIELD
5249 Kenilworth Ave. • Hyattsville, MD 20781
866-805-0782

RIVERDALE
GATED COMMUNITY
- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Call Now For Our **FANTASTIC SPECIALS!**
PARKVIEW GARDENS
6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
www.parkviewgardensapartments.com

MD RENTALS

LANDOVER
FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

Call Now For Our **FANTASTIC SPECIALS!**
KINGS SQUARE
3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

RIVERDALE
1, 2 & 3 BR APTS. HUGE 2 BR TOWNHOMES
- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Call Now For Our **FANTASTIC SPECIALS!**
RIVERDALE VILLAGE
5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

Free 6-Week Summer Camp.
Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm

MD RENTALS

HYATTSVILLE
FLEETWOOD VILLAGE APTS.
- FREE WATER, GAS HEATING & COOKING
- **FREE APPLICATION FEE** (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our **FANTASTIC SPECIALS!**
721 Chillum Road • Hyattsville, MD 20783
866-315-8849

HYATTSVILLE
CASTLE MANOR Apartments
1 & 2 Bedroom Apts. from $830
• Ceiling Fans • Lovely Setting
• Near the New ARTS DISTRICT
• Close to Shopping & Metro
Move-In Special! 1st Month Rent Only $599 (with a 12 Mo. Lease)
866.464.0993

expressnightout.com XX172 lx.25

expressnightout.com XX172 lx.25

SCOTT MANAGEMENT
OAKCREST TOWERS
Live – Play – Shop - Dine on The Avenue!
Award Winning Living at its Finest
1st Winner 2011 PACE Award For **Excellence in Multi Family Management!**
SPACIOUS MODERN FLOORPLANS!
EFFICIENCIES from **$779!**
1 BEDROOM'S from **$960!**
2 BEDROOM'S from **$1161!**
CONVENIENT LOCATION
LET US FIND YOU THE PERFECT HOME!
CALL NOW **(888) 831-7065**
WWW.OAKCRESTTOWERS.COM
Some restrictions apply/

MD RENTALS

HYATTSVILLE ARTS DISTRICT
MOVE-IN SPECIAL
1ST Month's Rent $599
When you sign a 12 mo. lease
GARFIELD COURT
On residential street
next to DeMatha HS
Off-st parking -Ceiling Fans
(tenant pays electric)
301-779-1734

Finians Court Apts
7740 Finns Lane Lanham MD
1,2 & 3 bedrooms $850-$1250
Close to New Carrolton Metro
Parquet Floors, CAC, Renovated Kitchens
Call Ashley 202-421-9618 www.novodev.com

MD RENTALS

Hyattsville **866.507.2283**
Summer Ridge
1829 Belle Haven Drive, Hyattsville, MD 20785
3-BR for the price of a 2-BR**
- Electronic entry building system
- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

—Income Qualifications—

# Occupants	Maximum Income
1	$44,580
2	$50,940
3	$57,300
4	$63,600

Sec. Dep. fr. $250*
**Limited Availability
www.summerridgeapartments.net
summerridgeleasing@comcast.net
Edgewood Performance. People. Pride.
* w/approved credit

expressnightout.com XX172 lx.25

expressnightout.com XX172 lx.25

MD RENTALS

The Sooner You Move, The More You Save!!

Brand New 2BRs from $1452*

- Brand New kitchens and baths
- Minutes to Silver Spring/Bethesda Metro
- Pool and Business Center
- Bus stop at community entrance

PADDINGTON SQUARE
240-752-6947
8800 Lanier Dr. • Silver Spring, MD 20910

*Limited time offer. Income restrictions apply. Call for more info.

EQUAL HOUSING OPPORTUNITY

MD RENTALS

Touchdown into Your New Home
END OF SUMMER SPECIALS!

The Villages At Montpelier

11658 South Laurel Drive
Laurel, MD 20708

- 1 and Dens
- 2 and Dens
- 2 Bedrooms
- 3 Bedrooms

Now available for immediate move in.

866.914.9712

MT. RAINIER
Arundel Apartments
301-277-6202

MOVE IN SPECIAL
1st Mo. Rent only $599
(when you sign a 12 mo. lease)

Super Convenient Location
Close to shops & rec. ctr

1BR, $880. 2BR $980.
Utilities & Capet Included!
(A/C Extra)

NORTH POTOMAC Spacious (3,858 SF) 4 BR 3.5 BA house, with garage, new carpet, hardwood floor, upgraded kitchen, finished basement, great neighborhood. $3,250/month. **Call 240-899-223**

Rosecroft Mews

1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ $900

Amenities
• Beautiful Location • Washer & Dryer • Garbage Disposal • Wall-to-Wall Carpet • Refrigerator in Unit • Central A/C & Heat • Sparkling Swimming Pool!

Call Us!
1(866)502-4883
Call today to schedule an appointment tour!

EQUAL HOUSING OPPORTUNITY

MD RENTALS

OXON HILL- 3BR, 1BA, eat-in-kit, basement, near Bus line/ Wash Harbor. Fenced back yard. **$1620/m. 301-283-0382**

East Pines Terrace
6747 Riverdale Rd. Riverdale, MD 20737

- **All Credit Considered**
- **Hardwood Floors**
- **Central A/C**
- **Laundry Room**
- **Gas Heat & Cooking**
- **Near I-295**
- **Vouchers Welcome**

1-2 BRs From $925
M-F 9-5 • Sat. 10-2
Delwin Realty
301-577-7917

EQUAL HOUSING OPPORTUNITY

SILVER SPRING - 3BR, 1BA duplex. Spacious back yard. $1350 + utils. PG Section 8. **301-706-7542**

Silver Spring EHO

ALL UTILITIES INCLUDED
Studios from $850

- furnished & unfurnished avail
- full equipped kitchen s
- bus stop at the door
- Wheaton Metro steps away

The Ambassador
301-761-4655
2715 University Blvd West

Score a Move-in Special!

Touch-Down in your new apartment home Today
and get $500 off your 1st Months Rent & 6 Months of Free Utilities!

1 Bedrooms $915
2 Bedrooms $1060
3 Bedrooms $1405

OR... Pre Lease now for November, still get 6 Months of Free Utilities. Plus, get entered into a drawing for a chance to Win a $750 Visa Gift Card for a Black Friday Shopping Spree!

Station Square
301-825-9162
www.morgan-properties.com
3400 Pearl Drive, Suitland, MD 20746

EQUAL HOUSING OPPORTUNITY

MD RENTALS

Marlow Plaza Apt.

1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ **$849**
Second Chance Approval
Apply, be approved and move-in by Sept. 30th and get $200 off. Receive $50 off your rent for a 1 Bedroom (12 month lease only).

Call today for a tour of your new home!
Call Us! **1(888) 803-3184**

EQUAL HOUSING OPPORTUNITY

Marlow Heights

1BR Special from $749
2BR $949 • 3BR $1300
Second Chance Approval

Amenities
- Beautiful Location
- Spacious Apartment Homes
- Garbage Disposal & Dishwasher
- Laundry Facility
- Wall-to-Wall Carpet
- Refrigerator in unit
- Central A/C & Heat
- 24 Hour On Call Maintenance

Second Chance Program!
Call Us!
1(888) 822-0583

9-6 M-F • 10-5 SAT
Call today to schedule a tour!

EQUAL HOUSING OPPORTUNITY

Forest Village Apt.

1 BRs – $799
2 BRs – $969
2 BR & Den – $999
Second chance approval.

Amenities
- Beautiful Location
- Metro Bus Stop @ the door
- Garbage Disposal
- Wall-to-Wall Carpet
- Central A/C & Heat
- Playground Area
- Ceiling Fans (select units)

Washer & Dryer Inside Unit!
Call Us!
1(888) 443-6408

Call today to schedule a tour in our model apartment!

EQUAL HOUSING OPPORTUNITY

Suitland, MD
Carriage Hill Apartments
$0 Application Charge
Immediate Move-Ins
ALL CREDIT CONSIDERED
NEWLY RENOVATED
CALL FOR MORE INFO (866) 980.8804

TAKOMA PARK- 1 BR, 1 BA, **apartment,** Washer & Dryer, stove, fridge microwave, private entrance. $1000 per month + util. Please call **301-407-7617**

MD RENTALS

Silver Spring
CRUISE FOR 2 CERTIFICATE GIVEN AT MOVE-IN

Roomy Apts, Walking Distance to MetroBus, Shopping, Restaurants

NOW OPEN
On-Site Learning Center

1 BR/**$1168** • 2 BR/1 B/**$1350**
2 BR/2 B/**$1400** • 2 BR/Den/**$1634**
3 BR/2 B/**$1750**

WINDSOR COURT AND TOWER APTS
13802 Castle Blvd. #103
Silver Spring, MD 20904
888-255-6159

EQUAL HOUSING OPPORTUNITY

SILVER SPR/Forest Glen Metro
Move In Special
1st mo. rent $599
(on a 12 mo. lease)
One & Two BR fr. $950
Forest Glen Apts.
301-593-0485
Close to the Forest Glen Metro
Off-Str. Prkng/Controlled Access
Ceiling Fans
Housing Vouchers Welcome
UTILITIES INCLUDED

SUITLAND
PARKWAY TERRACE
1 BRs fr $860
2 BRs fr $968
$30 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply
877-608-6548
3415 Parkway Terr. Dr. Suitland, Md.
Mon-Fri. 9am-6pm. Sat.by app't. only

Shadyside Gardens

Fall Into Our Specials!
2 Brs Starting At $939

CALL TODAY

Restrictions Apply. Ask About Our Second Chance Approval Program

Amenities
- Large Walk-In Closets
- Washer & Dryer in every apartment home
- Wall-to-Wall Carpet
- Private patio or balcony
- Sparkling Swimming Pool & Playground
- Individually controlled heat & A/C
- Dishwasher • Pet Friendly

2 Blocks from Metro!
Call Us!
1(877) 237-4868
SGA@Finesagroup.com

Call today for a tour in our Apartment Model!
*Prices subject to change

EQUAL HOUSING OPPORTUNITY

expressnightout.com

X0172 4.25

expressnightout.com

X0172 4.25

MD RENTALS

Move-In Special
$200 OFF
of Nov. Rent If You Move In By Oct 31, 2012

Suitland
Capital Crossing
New Renovated
Two Bedrooms
Starting at $1195

Other Unit Styles Also Available

www.wcsmith.com *On Select Units
866.204.8061

Takoma Landing Apartments & Townhomes!
SPACIOUS 1 BEDROOMS from $929

Brand New Renovated Spacious SPACIOUS 2 Bedrooms from $1249 w/ Washers & Dryers, Brand New Kitchen Appliances, and so much more!!!

Walking Distance to Shopping, Dining & Entertainment! Some Restrictions Apply.

Call NOW 888-485-8843

EQUAL HOUSING OPPORTUNITY

PARKWAY

Free Utilities
*2 Bedrooms from $1,195**
BIG Floorplans
Huge Walk-In Closets
Close to Metro
Bus Stop at Entrance
888.691.2507

*Min. & Max Income Restrictions. Call for Details

EQUITY MANAGEMENT
TEMPLE HILLS EHO

SOUTH POINTE APARTMENT HOMES

END OF SUMMER SAVINGS:
1 Bedrooms from.....$870*
2 Bedrooms from.....$950*
ASK ABOUT OUR SPECIALS!
We'll waive your application fee upon approval

866.708.7251
2603 Southern Ave. #B1
Temple Hills, MD 20748
(Walk to Southern Avenue Metro!)

*Restrictions apply, prices subject to change. Please ask a Leasing Consultant for more info.

EQUAL HOUSING OPPORTUNITY

TEMPLE HILLS
HEATHER HILLS Apartments

1-Bedrooms from $961
2-Bedrooms from $1240
3-Bedrooms from $1444

- Spacious floor plans • Washer/dryer**
- Amazing closet space • Fireplaces**
- Controlled Access • Activity Center

**in select apts.

301.637.6153
www.transformurlifestyle.com

Transform your lifestyle
THE DONALDSON GROUP

EQUAL HOUSING OPPORTUNITY

VA RENTALS

WHERE GREAT LIVING & SHOPPING ARE MINUTES APART

- **ALL UTILITIES INCLUDED**
- Minutes to Tysons Corner/ Dunn Loring Metro
- Walk to Restaurants, Shopping & Local Attractions
- Pets Adored
- Open 7 Days

The Parliaments
Apartment Homes

7409 EASTMORELAND ROAD •ANNANDALE, VA 22003
866.913.8090 • parliaments.net

Complete Renovations Coming Soon

GREAT PRICE.. GREAT LOCATION
HOWARD MANOR APARTMENTS

2508 20th Road N. #103, Arlington, VA 22201• **703-888-2298**
Email: manager@howardmanorapartments.com

Studio, 1, & 2 Bedrooms. Starting at **$1,076-$1358**
(Maximum income limits apply)

Cat Friendly. Balconies. Short walk to Courthouse Metro Station. Close to shopping, restaurants, movie theater. On-site parking All new appliances & community center coming soon!

Housing Choice Vouchers & Housing Grants Accepted.

VA RENTALS

ALEXANDRIA - Spacious 2 BR + den. Walk to Huntington Metro. Utilities included. $1495/month. Call **202-903-7287**

ALEXANDRIA Sub-lease 2 BR, 2 BA + den. W/D Many updates. Sm pets ok. Amen. incld shuttle to Pent. City. $2149 w/ 1 gar pking. **606-471-0016**

4901 Seminary Rd., ALEXANDRIA, VA
SOUTHERN TOWERS
Efficiency from .....$950* 2 Bedroom from..$1565*
1 Bedroom from..$1210* 3 Bedroom from..$1870*
Spacious Penthouse From $1960*

- All utilities paid
- No Security Deposit or move-in fees
- Metrobus at front door to Pentagon & Van Dorn Metro
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395
- Small pets welcome

I-395 to Seminary Rd., West exit to Southern Towers immediately on right. 6 Month Lease Available!

*All Prices & Specials Subject to change without notice.

M-F 9-6, SAT 9-5, SUN 11-5 **703-485-4154**

VA RENTALS

ALEXANDRIA
Meadow Woods
APARTMENTS

Spacious 1 & 2 Bedroom Floor Plans
Starting at **$1125***
Classic or Renovated Options Available

- Fitness Center
- Excellent Location
- Free Parking
- Close to Metro

3308 Lockheed Blvd.,
Alexandria, VA 22306
Visit **www.meadowwoodsapts.com**
Call now **888-823-7689**

*some restrictions apply.

expressnightout.com

XXI72 Ix.5

VA RENTALS

Alexandria
BRAGG TOWERS
EXTENDED STAY HOTEL

Furnished Efficiencies: $399 Wk ◆ $1470 Mo
Cable ◆ Internet ◆ Utilities ◆ Housekeeping

99 South Bragg St, Alexandria, VA 22312
703-354-6300 ◆ www.BraggTowers.com

TOLEDO PLAZA
APARTMENT HOMES

Prices now starting from $1,275
ALL UTILITIES INCLUDED
3215 Toledo Place - Hyattsville, MD 20782
TOLEDOPLAZAAPTS.COM
301.559.2100

**Restrictions apply, please see Leasing Consultant for more info.*

crystal plaza

END OF SUMMER SAVINGS:
Studios from.....$1,710*
1 Bedrooms from.....$1,720*
2 Bedrooms from.....$2,570*
3 Bedrooms from.....$3,020*
*GET 1/2 OFF YOUR AMENITY FEE**
Enter to win a 42" TV if you move in by 10/31!
703.415.0660
2111 Jefferson Davis Hwy - Arlington, VA
CRYSTALPLAZAAPARTMENTS.COM

**Restrictions apply, prices subject to change. Please ask a Leasing Consultant for more info.*

ARLINGTON/COLONIAL VILLAGE, VA - Large fully furn efficiency, new kitchen/bath, 2 blocks to metro. $1450. **703-201-7888**

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 Ix1.5

VA RENTALS

The Park
at Arlington Ridge

END OF SUMMER SAVINGS:
1 Bedrooms from.....$1,610*
2 Bedrooms from.....$1,830*
ASK ABOUT OUR SPECIALS!
Bring in this ad & we'll waive your application fee
703.836.1600
1800 South 26th St - Arlington, VA
PARKATARLINGTONRIDGE.COM

**Restrictions apply, prices subject to change. Please ask a Leasing Consultant for more info.*

THE BUCHANAN

END OF SUMMER SAVINGS:
Studios from.....$1,620*
1 Bedrooms from.....$1,740*
2 Bedrooms from.....$2,200*
3 Bedrooms from.....$3,225*
ASK ABOUT OUR SPECIALS!
Bring in this ad & we'll waive your application fee
703.418.3700
320 23rd Street South - Arlington, VA
WWW.BUCHANANAPTS.COM

**Restrictions apply, prices subject to change. Please ask a Leasing Consultant for more info.*

JUST LISTED!!!

MCLEAN- Bi- level renovated 5 BR, 3 BA, SFH, 2 car garage, nr Langley HS **$3,300/m Call 202-361-4701**

ROOMMATES

ARL/SHIRLINGTON—M. n/s to shr 3BR furn. apt. w/cable, $695 incl utils. **703-820-8861 or 202-716-9946**

BOWIE - Share 4 BR 3 Ba house on bus route, near Bowie Town Center, $800-$1200 share utilities. Terms negotiable. Call 301-752-1696

CAPITOL HILL- Lg furn room, 2 blocks from Stadium Armory subway. Near Eastern Market. N/S. Cable, wi-fi & utils incl. $800/month. **301-523-3372**

CLARKSVILLE- 1 BR 1BA includes utilities & cable, NP, F pref, $1,000+ 1st mth rent & deposit, 727-692-7906

COLLEGE PARK, MD - Furnished room, $500-$600/month, utilities not included. Security deposit required. Call **301-442-2496**

DISTRICT HEIGHTS Pvt home. Quiet area near metro bus, shopping. Resp person. **301-568-3386**

FAIRFAX, VA/Nr Fair Lakes: No-smoking, shr TH. Huge Mstr $700. Huge room $650. Inc all utils. N/P. Call **703-855-8665**

ROOMMATES

FT WASH-1BR, utils incl. On bus line. Close to shopping, metro, AAFB. $600/mo. Avail Now. **240-601-4839**

HERNDON, VA - Room for rent, N/S, $1200/month, includes utilities. Close to bus stop & shops. Call **571-232-7195**

LANHAM-1 Room in SFH, quiet, no-smoking, W/D. $495+ $20 utils + dep. **240-645-2380**

ROCKVILLE- Shr SFH. Near transp/ shops, No Smoking , No Pets, MBR w/ pvt BA & walk in closet, big windows $597+. Avail now. **240-351-5150**

NO Security Deposit

SEABROOK - Male preferred, N/S, BR & full privileges 1 yr lease, $500/m. Furn/ Unfurnished. Call **301-332-8091**

SE - Furn rm in house, share BA/kit. Near metro & harbor. Pref female. $165/week incld util. **301-922-6393**

SSILVER SPRING House to share, furnished rm, male, no-smoking, near Sligo Creek Park & Holy Cross Hospital. $690 utils. incl. **240-462-3790**

CONDOS FOR SALE

ARL/BALLSTON - 220 Thomas St. Furn 1BR 1BA utils incl, W/D, A/C, granite cntrs, nr metro/ shpg. **$1,495/m Sell $295K MUST SEE 703-351-0777**

HOUSES FOR SALE

Potomac $925,000
FOR SALE BY OWNER Potomac Vill.
Walk to the Vill. Brick col 5BR, 3.5BA fin. bsmt, hdwd flrs, fpl, 2-car gar, fenced yd. Exc schools (PES-Hoover-Churchill). Priced w/no agent. (202) 907-1412

RESORT PROPERTIES

Allegany County—228+ acre farm for sale - 2 hours away. Hunting club, farm, or retire in beautiful W. MD. Visit www.sliderfarm.com for info.

REAL ESTATE SERVICES

WE BUY DMV HOUSES!
CASH OR TAKE OVER PAYMENTS
CALL 240-200-4289

CARS

Chevrolet 2007 Impala — LS, $8500, Good cond, 70k mi, Imperial Blue Drives like new, Very Clean 703-309-0193 craigwaive@gmail.com

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

NEED A VEHICLE? Over 1,000 Cars, Trucks, SUV's! You need 2 Paystubs & 1 Bill - Laurel, MD. Gross income must be $2k mo+. Jason **202.704.8213**

Toyota 2004 4Runner — SR5 V8, $12000 obo, Excellent cond, 90k mi, Beige int, Gold, 4 dr, premium sound system, towing package, alloy wheels, Sunrf, 703-477-9590 or 571-225-5765.

Add a little Post to your life.

When you buy the Sunday Post for just $1.85 a week, we'll give you the rest of the week **FREE!** That's home-delivery for 77% off!

To subscribe, call toll-free:
1-800-357-6086, Ext. 5
or visit:
wpsubscribe.com/2012FreeWeekdaysX

The Washington Post
If you don't get it, you don't get it.

Offer expires 10/26/12. Available to new subscribers only. Restrictions may apply. FP52 RPNT XPS433 5x4

lookout online

Blog Log

CHANEL

"MSNBC: Baumgartner made the jump out of the balloon and into hyperspace. #fail"

— @SIMONMALOY thought the cable network's mistake in saying that Felix Baumgartner traveled faster than the speed of light Sunday was pretty epic.

"Sort of like how wearing seatbelts doesn't cause car accidents, or how wearing sunscreen doesn't cause skin cancer. But will the study convince reticent parents to abandon their ass-backwards logic and actually acknowledge that their daughters' sexuality will someday exist?"

— Erin Gloria Ryan at JEZEBEL.COM reacts to news that shots that protect against cervical cancer do not make girls promiscuous, according to the first study to compare medical records for vaccinated and unvaccinated girls.

"I love it when a Google Doodle is comic-related, and this one is rather amazing."

— Mark Seifert at BLEEDINGCOOL.COM enjoyed the tribute to Winsor McCay, on the 107th anniversary of the debut of McCay's comic strip "Little Nemo in Slumberland."

"I love Brad Pitt, but his new ad for Chanel No. 5 is cringe-making in its hollow, pretentious drivel. (I normally like hollow, pretentious drivel, mind you, but not when it's this nonsensical and pseudo-profound.)"

— Michael Musto at BLOGS.VILLAGEVOICE.COM/DAILYMUSTO didn't have anything good to say about Pitt's new ad for the cologne, except that Pitt looked good in it, which Musto said was "Inevitable."

"Tiara Thomas is the face of American Eagle, good look."

— @MIKETEXADAPL thinks the singer-songwriter from Indianapolis is the perfect pick for the clothing company's latest ad campaign.

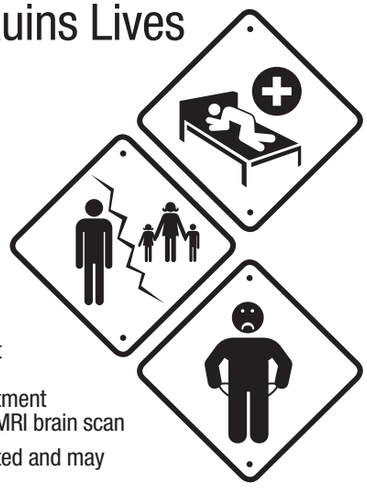
WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?
You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:
- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



WE NEED YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov

NIAAA

You're needed for **RESEARCH STUDIES** if you:
- Use cocaine
- Are 18–50 years old

These studies may help us figure out how cocaine affects the body, the brain, and behavior.
- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.
1-800-535-8254

NIDA NATIONAL INSTITUTE ON DRUG ABUSE
www.ResearchStudies.DrugAbuse.gov

WE NEED YOU

puzzles lookout

Horoscope

LIBRA (Sept. 23-Oct. 22) You're going to have to look at things in a more comprehensive way in order to get the actual meaning of them.

SCORPIO (Oct. 23-Nov. 21) You don't want to be distracted in any way today. Keep your focus on your destination.

SAGITTARIUS (Nov. 22-Dec. 21) Things are getting more complicated than you had anticipated, but you can keep up if you use your time efficiently.

CAPRICORN (Dec. 22-Jan. 19) You'll have reason to celebrate a personal accomplishment today. What happens as a result may send things down an unusual path.

AQUARIUS (Jan. 20-Feb. 18) You'll want to protect your own sense of security today. Confidence results from an ability to remain autonomous.

PISCES (Feb. 19-March 20) There's no point in making excuses; rather than explain your errors, work to correct them as quickly as possible.

ARIES (March 21-April 19) Information you receive may allow you to do things more quickly than usual, giving you an advantage over the competition.

TAURUS (April 20-May 20) Someone you haven't seen for a while is as excited as you are to begin a certain collaboration.

GEMINI (May 21-June 20) You can enjoy a great deal of harmony, but it may require you to travel far from home at first. Things may work backward for a time.

CANCER (June 21-July 22) Someone will consider you his or her hero before the day is out and all because you were willing to say what had to be said.

LEO (July 23-Aug. 22) You may have to make certain adjustments as the day progresses, given your own plans did not take into account all current circumstances.

VIRGO (Aug. 23-Sept. 22) You know what you are after, and you know that it is possible to attain it, provided you are allowed the freedom to maneuver.

PostPoints DAILY CODE J K

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 222

								RACK 1
E1	A1	K5	P3	S1	L1	R1		
								RACK 2
A1	Y4	Y4	N1	T1	R1	N1	Triple Word Score	
								RACK 3
E1	E1	N1	P3	T1	S1	T1		
								RACK 4
O1	U1	T1	P3	R1	C3	R1	2nd Letter Double	

Yesterday's Solution

P3	A1	S1	S1	K5	E1	Y4	RACK 1 =	98
B3	A1	N1	D2	A1	G2	E1	RACK 2 =	61
A1	L1	M3	S1	M3	E1	N1	RACK 3 =	64
S1	I1	C3	K5	O1	U1	T1	RACK 4 =	63
PAR SCORE 200-210							TOTAL	286

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	5	2		6	4	1	7	
	9		2	7		4	6	
			8		1	5	2	
		9			8	6		
		5	6	4	2	9		
		4	9			8		
	4	7	1		3			
	3	8		5	6		9	
	6	1	7	2		3	8	

Yesterday's Solution

2	5	9	1	4	7	6	8	3
7	8	1	6	3	5	4	9	2
4	6	3	2	8	9	5	1	7
5	7	2	3	6	1	8	4	9
9	3	6	4	5	8	7	2	1
8	1	4	9	7	2	3	6	5
1	4	5	7	9	6	2	3	8
3	9	8	5	2	4	1	7	6
6	2	7	8	1	3	9	5	4

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

66 | 46

Today: Mostly sunny today. Mainly clear tonight.

70 | 55

Tomorrow: Mostly sunny and pleasant tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
73 | 58	72 | 51	65 | 50

Sun and Moon
Sunrise today: 7:19 a.m.
Sunset today: 6:28 p.m.
Moonrise today: 8:38 a.m.
Moonset today: 7:11 p.m.

Almanac
Normal high: 69
Record high: 87
Normal low: 51
Record low: 32

FORECAST BY ACCUWEATHER.COM ©2012

CAN'T LOSE WEIGHT?
We can help!

Dr. Beale's Medical Weight Loss Program

- Only $40 flat fee per Week to Lose 11-13 lbs. per Month
- No Contracts, No Hidden Fees, No Extra Charges
- Losing Weight Does NOT have to be Expensive
- All Medications & B12 Injections Included
- 1-on-1 Counseling
- Personalized Eating Plans

Dr. Beale's
Medical Weight Loss Program
DC's Oldest (Est. 1974) & Most Successful Medical Weight Loss Program

202-463-7872
www.docbeale.com

Downtown • 1712 Eye St, NW
Anacostia • 2041 MLK Ave, SE

The Capitol Deal

Today's Deal

dish deals

SETTE OSTERIA

Save 52%

Sette Osteria

$16 for Brunch Entrée with Bottomless Mimosas or Bellinis (Up to $33 Value!)

To brunch or not to brunch? When Dupont Circle favorite **Sette Osteria** offers a bottomless brunch deal this nice, there's just no question!

Dupont Circle – Washington, D.C.

This special deal only available for purchase until 11:59pm, 10/18/12. All Capitol Deals must be purchased at thecapitoldeal.com

XD074_a 2x5

Get local deals e-mailed to you, for **FREE**.
thecapitoldeal.com

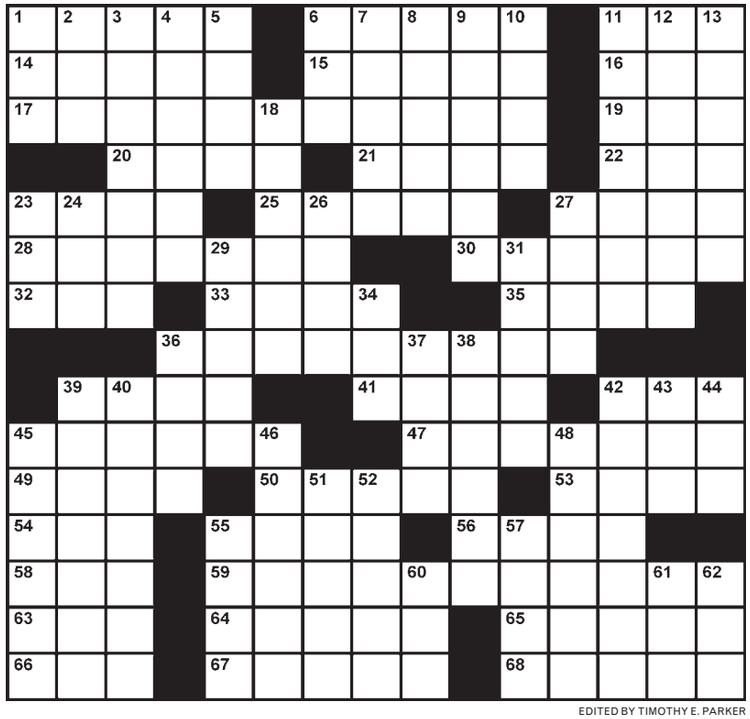
Delivered to you by: The Washington Post

Get fit *Tuesdays in Express*
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX174 2x 5

lookout puzzles

Crossword

TOPS ANOTHER WAY



EDITED BY TIMOTHY E. PARKER

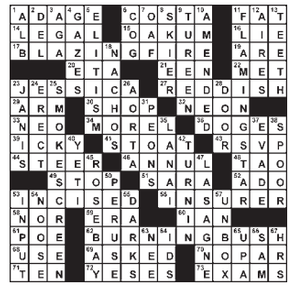
ACROSS

1 Golden Triangle flower
6 No longer in fashion
11 Warning issuer at the start of a DVD
14 Entrance courts
15 "___ your instructions ..."
16 Particle that's emitted
17 Be in need of repair
19 "Bebe's Kids" star Tone ___
20 Where to find Today's Special
21 Love archer
22 Bikini piece
23 Chief in a burnoose
25 English royal house after York
27 Aloha accompaniments
28 Mountain clusters
30 "My kingdom for ___"
32 Reverse of NNW
33 Cut of one's jib
35 Solemn promise
36 Withdraws from
39 Expressed, as a farewell
41 Ballroom blunder
42 Favorite in class
45 Capitol dome
47 Signal with the hands
49 Frankenstein flunky
50 Catch forty winks
53 Ultimatum's end: "or ___"
54 Kind of reflex
55 LaBeouf of "Disturbia"
56 "___ helpless as a kitten up a tree"
58 Bearded prez, informally
59 Kitchen vessels
63 Deer with three-pointed antlers
64 Misplayed a baseball
65 Reef material
66 Urgent letters
67 Garden interlopers
68 "___ big deal!"

DOWN

1 Partners of 24-Down
2 Mel who slugged 511 career homers
3 Pinkie swear, e.g.
4 "Twelve Days of Christmas" group
5 Betray boredom
6 Standard score on a golf course
7 Didn't command
8 Richard's first second
9 Lady of the casa
10 Units of work or energy
11 Hazelnut
12 Uncultured
13 "___ of fire, break glass"
18 Ensemble
23 911 response initials
24 Rustic female parents
26 Operates
27 Be a slacker
29 Push forward
31 Hula in them
34 NIMBY part
36 Olfactory nerve stimulator
37 Compelling itch
38 Cuff link companion
39 Bogey
40 Orbital points farthest from Earth
42 Celestial objects that emit radio waves
43 Places to see M.D.'s in a hurry
44 Peg stuck in the ground
45 Some Cubans
46 No longer aboard ship
48 Something's brewing here
51 Metric unit in England
52 Made less severe
55 Spout forth
57 1,601 in Roman numerals
60 Sellers' notices
61 A Bobbsey twin
62 ___-mo instant replay

Yesterday's Solution



Today in History

1793 Marie Antoinette, the queen of France, is beheaded during the French Revolution.

2002 President George W. Bush signs a congressional resolution that authorizes of war against Iraq.

2011 The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C.

express

CAC

Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

GENERAL MANAGER—ARNIE APPLEBAUM | EXECUTIVE EDITOR—DAN CACCAVARO CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES EDITOR—JENNIFER BARGER | STORY EDITOR—ADAM SAPIRO | COPY CHIEF—DIANA D'ABRUZZO | SENIOR EDITORS—KATIE ABERBACH, VICKY HALLETT, SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—RUDI GREENBERG, BETH MARLOWE, MORGAN SCHNEIDER, SARA SCHWARTZ, HOLLEY SIMMONS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGNERS—ADAM GRIFFITHS, MIMI IN PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY

Founding Publisher — Christopher Ma, 1950-2011

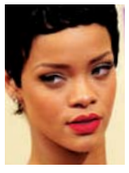
people lookout

STEREOTYPES

Actress Entirely Unaware Of Normal-People Jobs

Katie Holmes has sworn off dating actors, according to Radar Online. An anonymous source says the actress is currently meeting a lot of artists through Jeanne Yang, her business partner in their fashion line, Holmes & Yang. The same source specified that if Holmes does date, she's said that it might be someone from the gallery or visual-art world. (EXPRESS)

"I'm waiting for the man who's ballsy enough to deal with me. I'm going to wait, though."



—**RIHANNA,** IN AN INTERVIEW WITH VOGUE MAGAZINE, REVEALS THAT SHE HASN'T BEEN ON A DATE IN TWO YEARS, THOUGH SHE WOULD LOVE TO TRY IT.

KEVIN WINTER/GETTY IMAGES

RELATIONSHIPS

It Goes On and On and On and Ah-ah-on

White House party-crasher Michaele Salahi, 47, and her boyfriend, Journey guitarist Neal Schon, got engaged in Baltimore on Sunday night. The Washington Post reports that Schon proposed onstage during a concert at the Lyric Theatre. Schon pulled Salahi from the wings and proffered an enormous diamond ring. As soon as she said yes, the band launched into its 1983 hit "Faithfully." (EXPRESS)

DIVORCE

Long-Distance Was Hard; Beard Was the Last Straw

Russell Crowe and his wife of nine years, Danielle Spencer, are divorcing. The Sydney Morning Herald reports that the split is amicable and that the couple's priorities are their two sons, ages 6 and 8. The family recently moved to Sydney. Crowe is said to be focusing on work (he's currently filming "Noah" in the United States) while the family stays in Sydney. (EXPRESS)

FAMILY FEUD

In Lindsay-Speak, 'Done' Means 'See You at Dinner?'

Lindsay Lohan's mother, Dina, wants her daughter to get a permanent order of protection against Lindsay's dad, Michael. TMZ reports that while Lindsay declared herself "done" with her father last week, the actress doesn't want to go to court and believes the permanent order of protection is a more extreme move than she wants to take. (EXPRESS)

D DIPASUPIL/GETTY IMAGES

Dina Lohan finds that headphones are a great aid for ignoring adult children.

Dirtbag Digest

Kim: 'Wait, Come Back! I Look Hot!'

Kanye West allegedly had a run-in with a photographer Sunday in Miami. West and girlfriend Kim Kardashian had an awkward encounter with Kardashian's ex-boyfriend Reggie Bush, according to Radar Online. When the photographer asked about it, West grabbed for her camera until she ran away. (EXPRESS)

express automobile dealers

more cars on the net cars.com @washingtonpost.com

Dodge

LUSTINE DODGE cars.com
WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

HONDA

SHEEHY HONDA cars.com
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM

LEXUS

LEXUS OF SILVER SPRING cars.com
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY TER. LEXUSOFSILVERSPRING.COM

NISSAN

DARCARS NISSAN cars.com
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM

TOYOTA

355 TOYOTA cars.com
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

KOONS TYSONS TOYOTA cars.com
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

nine simple numbers you learned by age 3

play su | do | ku

express
A Publication of the The Washington Post

XX182 5x1

Hardball
WONK

ARMED WITH AN
EDUCATION
THAT JUGGLES PRACTICAL
AND THEORETICAL
KNOWLEDGE,
AU GRADS ARE PREPARED
FOR THE STARTING LINEUP

CAN YOU KEEP UP WITH OUR WONKS?
FIND OUT AT AMERICAN.EDU/WONK

AMERICAN UNIVERSITY
WASHINGTON, DC

KNOW
WONK